JULY 1930 ★ 25c

The PARENTS' MAGAZINE

Formerly called "CHILDREN, The Parents' Magazine"

How to Give
SUN BATHS

★

FAMILY FUN

★

What the
BABY should EAT

★

A Movie Guide
for You and Your Children

★

AND 19 Other Features
on Rearing Children from
Crib to College

★

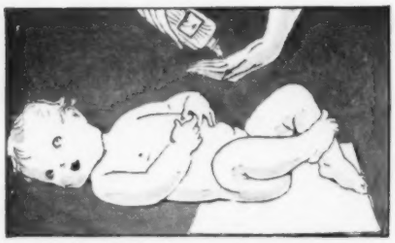
Every Advertisement
is Certified

★

Published with the official co-operation of Teachers College, Columbia University; University of Minnesota; State University of Iowa; and Yale University.

SHAPING YOUR CHILD'S PERSONALITY

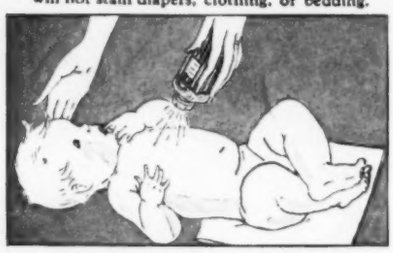
How to Help Your Boy or Girl to Success and Happiness



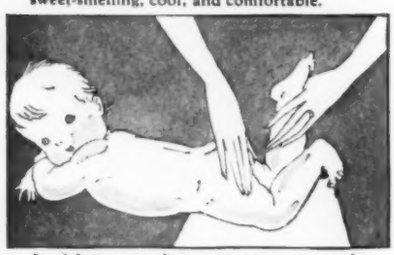
1. After the morning bath massage baby's entire body with Mennen medicated, sterilized baby oil.

2. Rub this delightful, pleasantly scented, soothing oil into the folds and creases of the skin to prevent chafing.

3. It will keep baby's body soft, smooth, and free from irritating chafing. The oil will not stain diapers, clothing, or bedding.



4. After wiping off the excess oil dust baby with Mennen Borated Talcum to keep him sweet-smelling, cool, and comfortable.



5. After every diaper change massage the buttocks with Mennen Baby Oil to waterproof the skin against urine and other matter. Then dust the diaper region liberally with Mennen Borated Baby Talcum to prevent any possibility of "ammonia diaper."

Mennen Borated Talcum is so fine it will sift through a silk handkerchief. Make this test yourself to prove the smoothness of this wonderful, medicated talcum designed especially for baby's skin.

Here's What To Do To Keep Him Free From Pain

Your baby will be happier, healthier, more comfortable and lovable if you follow the simple directions listed here. Mennen Baby Oil is a medicated, sterilized oil, prepared especially for baby's skin. It is pleasantly scented and will not stain baby's diapers, clothes, or bedding. Mennen Borated Talcum is medicated with boric acid, zinc oxide, and other antiseptic ingredients. Its daily use on baby's body will correct and prevent "ammonia diaper" irritation, as well as keeping your baby cool, sweet, and comfortable. Both Mennen Baby Oil and Borated Talcum are essential for the proper care and protection of baby's body. The Mennen Company, Newark, N. J., Toronto, Ont., Can.

BABY GIFT BOX. A charming gift for mother and baby—delightfully modern in design—containing the essential things every mother needs for the new baby. Price $1.50 at druggists, department stores, and gift shops.

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$3300.00 Prize Contest for Mothers. Go to your local druggist for Contest Details, Entry Blank and FREE Sample bottle of Mennen Baby Oil.

A TREAT

for summer appetites

Wheatena

served cold with fruit

Wheatena is the delicious, sun-browned cereal made from the entire wheat kernel . . from wheat ripened in sun-drenched fields . . browned by the same natural rays that turn your skin to healthy tan.

A great *natural* food . . rich in the precious minerals and vitamins . . packed full of the body-building, health-promoting materials so absolutely essential in your diet.

Start your entire family on this wonderful cereal at breakfast tomorrow. Serve it hot—or serve it cold with fruit. It's *quick-cooking*—and costs you less than 1 cent a dish.

RECIPE

Use a DEEP saucepan. To 7 cups of actively boiling water . . a racing, foaming boil . . add 1 teaspoonful of salt. Shake into this . . SO SLOWLY THAT BOILING NEVER STOPS . . one cup of Wheatena. Let boil 2 or more minutes. Pour into small moulds previously dipped in water. Chill thoroughly. Cover with bananas, fresh peaches or other fruits, and serve with milk or cream.

If served as a HOT cereal . . use 6 cups of water to 1 of Wheatena.

3 DELICIOUS SERVINGS FREE

We want you to taste the delicious nut-like flavor of this sun-browned wheat cereal—Wheatena. Please check and mail the coupon below, and we'll send you, by return mail, enough for three generous servings.

Name----------

Address----------P-7-30

The Wheatena Corporation
Wheatenaville, Rahway, New Jersey

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Published with the official co-operation of Teachers College, Columbia University; University of Minnesota; State University of Iowa; Yale University.

The PARENTS' MAGAZINE

Formerly called "CHILDREN, The Parents' Magazine"

(Title registered U. S. Patent Office)

VOL. V. NO. 7
July, 1930

ON REARING CHILDREN FROM CRIB TO COLLEGE

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CONTENTS

*(Articles marked * are of special interest to fathers)*

Cover Design—*by Ann Brockman*
*Have Faith in Youth
—*an editorial by Daniel A. Poling, D.D.* 13
Frontispiece—*by H. Armstrong Roberts* - - - - - - - 14
*Shaping Your Child's Personality
—*by Jessie Chase Fenton* 15
*World Friendship Among Children
—*by Rachel Dunaway Cox* 16
Let Them Alone—*by Eleanor Booth Simmons* - - - - 19
*Deafness in Children—*by Hugh Grant Rowell, M.D.* 20
Washing—*a poem by John Drinkwater* - - - - - - - - 20
Sun Baths—*by Andrew R. MacAusland, M.D.* - - - - 21
*The Child Prisoner at the Bar
—*by Mary Fisher Torrance* 22
What the Modern Baby Should Eat
—*by Isaac A. Abt, M.D.* 24
Cool Drinks for Children—*by Nell B. Nichols* - - - 25
*Good Movies and Bad - - - - - - - - - - - - - - - 26
Furnishing the Whole-Family House
—*by Pauline Duff* 27
Dainty Frocks for Hot Days - - - - - - - - - - - - 28
Family Fun and Things for Children to Do and Make 30
Parental Problems and Ways to Meet Them - - - - 32
Feeding the Family - - - - - - - - - - - - - - - - - 34
Out of the Mouths of Babes - - - - - - - - - - - - 35
*Home Movies - 37
Pointers for Parents - - - - - - - - - - - - - - - - 46
Books for Boys and Girls - - - - - - - - - - - - - - 49
*Books for Parents - - - - - - - - - - - - - - - - - 50
Group Service Bureau—*Program for Discussion* - - - 56

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Syphilis can usually be cured by competent physicians if detected in time and if the patient *faithfully and persistently follows the complete treatment prescribed by his doctor.* If the early stages are neglected, cures are less certain, but a great deal can still be done to relieve suffering.

It is estimated that about thirteen million persons—one out of ten—in the United States and Canada have or at some time have had syphilis. Because of fear and ignorance, millions of victims have been imposed upon by quacks, charlatans and blackmailers pretending to practice medicine.

A most effective way to reduce the amount of syphilis is the pre-natal treatment of mothers suffering from this destructive disease.

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NOTE: The Metropolitan first published "The Great Imitator" in January, 1928. Since then, leaders of public health organizations and directors of big business have requested that it be republished and that booklets be provided for wide distribution. The booklets are ready.

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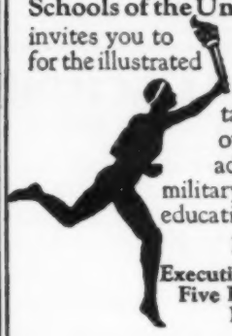

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who want better meals CHEAPER

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Frances Tipton Hunter

Not one out of ten escapes this social fault

Can you be sure that you never have halitosis (unpleasant breath)? Are you certain at this very moment, that you are free of it?

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Remember, also, that anyone is likely to be troubled, since conditions capable of causing halitosis arise frequently in even normal mouths.

Fermenting food particles, defective or decaying teeth, pyorrhea, catarrh, and slight infections in the mouth, nose, and throat—all produce odors. You can get rid of these odors instantly by gargling and rinsing the mouth with full strength Listerine. Every morning. Every night. And between times before meeting others. Listerine halts fermentation because it is an antiseptic. It checks infection because it is a remarkable germicide.* And it quickly overcomes odors because it is a rapid and powerful deodorant.

Keep a bottle of Listerine handy in home and office and use it always before meeting others. Then you will *know* that your breath cannot offend. Lambert Pharmacal Company, St. Louis, Mo., U. S. A.

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*Though safe to use in any body cavity, full strength Listerine kills even the Staphylococcus Aureus (pus) and Bacillus Typhosus (typhoid) germs in counts ranging to 200,000,000 in 15 seconds (fastest time accurately recorded by science).

AN EDITORIAL MESSAGE

HAVE FAITH *in* YOUTH

By DANIEL A. POLING, D. D.
Minister of the Marble Collegiate Church, New York City.
President of the International Society of Christian Endeavor

A RATHER close acquaintance with young men and young women, through a generation of intimate association with them, convinces me that they are as intrinsically fine today as they have ever been, that we are getting out of our investment in them vastly more than we deserve, and that they are immeasurably more sinned against than sinning.

Certainly they mature more rapidly now than they did twenty years ago. They live, as all of us must, under conditions that bring every detail of human life "front stage." They have an inevitable frankness, which is at times shocking. Many of them are making grave mistakes; but at no time have they responded more readily to the call of the worth-while, or accepted more eagerly the challenge of the difficult and the sacrificial. Youth today is essentially sound.

One problem for the superficial student of social conditions lies in the fact that always the few make the noise that misrepresents the many. Youth is frequently indicted by pulpit, press, and social agencies as the result of the known delinquencies of those who, whatever their excesses and however numerous their excesses may be, are still but the few among many.

What should be our attitude? First of all, we must know young people. We must see them as they are, and quite as important—we must see what they see as they see it. Now, to see clearly, we must stop and also we must listen. Mothers, real mothers, have a genius for listening. Unnumbered youthful tragedies have been averted because an understanding woman has heard her son tell his story.

Having information, we shall generally find ourselves justified in the faith that, given good example, decent home environment, a reasonable amount of religious instruction, and the invitation to do something worth while in the world, youth will vindicate our faith. Again and again I have watched young people rise from sad moral situations—from homes that were only a handicap—to go on in the direction of the guarded heights of character. Others I have seen recover from a smashing moral defeat to claim my respect by winning it back.

A few days ago I sat with a friend in his home. We had been talking about the temptations surrounding young people, the seductions of modern life, and the heedlessness of sons and daughters. The man said, "I would not be a father. Call me a coward if you like, but I would not be a father." It was a startling statement. I understand what my friend means, but I do not accept his conclusion. Have faith in youth! And let us justify our faith by addressing ourselves to the distinctively adult task of becoming worthy and resourceful parents, companions, teachers, and examples.

"The future of the race marches forward on the feet of little children"—*Phillips Brooks*

Photograph by H. Armstrong Roberts

The Spirit of 1930

Shaping Your Child's PERSONALITY

Build up your child's confidence, help him to adjust happily to situations and people but do not make him self-conscious

By JESSIE CHASE FENTON
Psychologist, California Bureau of Juvenile Research

WHAT one thinks of oneself is very important. It is important enough, sometimes, to determine whether one shall live in the undisturbed freedom of the ordinary world or behind the enclosing walls of an asylum. It does not often make so much difference as this, to be sure, but to everyone it is important. One's conception of oneself is a determining force in the emotional life; it deeply affects one's relations to others, and out of it grow the ambitions, desires, motives, about which all the many activities of life are woven.

Normal self-regard should be a relatively unobtrusive element in mental life. The men who achieve most in the world are primarily concerned with the problems at which they are working, and only secondarily with their own relation to these problems. A self-confidence sufficient to give one courage to attempt difficult tasks is essential to achievement, and a great many successful men have found incentive for their work in a picture of themselves as occupying a certain position, achieving certain things, which they have held in their minds over a long period of years. But even in cases in which this mental picture has been very vivid and long persistent, it has nevertheless taken second place to the actual tasks involved in giving it reality.

Whenever one's idea of himself becomes more prominent, begins to occupy more attention, than his interests in the world about him and the things it presents for him to do, the personality begins to become distorted. Exaggerated self-regard may take the form of a conviction that one is in some way or in many ways superior to ordinary mortals, or the miserable feeling that one is inferior and that achievement is hopeless. It may be concerned with some particular emotional trend, fear, or rage, or attitude toward sex. The effects may be relatively mild, taking such forms as conceit, snobbishness, exclusiveness, shyness, excessive nervousness or embarrassment, timidity or irritability, prudishness, or its opposite, a tendency to take great interest in matters related to sex. People with such ideas seem merely a little queer—and perhaps we are all, more or less, a little queer! In more intense form, these same exaggerations of self-regard become definitely abnormal, and bring their victims eventually to the office of a nerve specialist, a psychiatric clinic, perhaps even to a hospital for the insane.

The genesis of self-regard is a gradual process. The baby reacts at first only to external things, and has at first no conception even of himself as something distinct from the world about him. Only gradually does his idea of himself come to influence his behavior. Many forces enter into the upbuilding of the idea of self, but we shall here be concerned with but one group of them—the influences which the adult members of the child's world bring to bear on his developing personality.

In a thoroughly wholesome household there are enough occupations, enough interests always at hand in the form of things to be done, whether work or play, so that no person can become the dominant center of attention, either for himself or for others. One of the important forces in the direction of a child's attitude toward himself is the attitude of others toward him. If it is obvious that he fills the attention of others, his own attention will soon be turned also primarily to the contemplation of himself. This is why an only child and a delicate child are rather more likely than others to be over-concerned with ideas of self, since they are more likely to realize how largely they figure in the interest of their parents.

A few years ago, when I was engaged in some research work on child psychology at Stanford University, a woman entered my office, without appointment or announcement, dragging by the arm a nine-year-old boy. The woman was overdressed and dowdy, and overwhelmingly voluble. Before she was through the doorway she began to talk, noisily and at a speed which made interruption all but impossible.

"This is my boy, Alfred. I want him given one of these intelligence tests. All of his teachers say he is a mechanical genius. He has to be out of school a lot, though, because he's so nervous. Temperamental, I guess! He ought to be farther along in school though, I think. That's why I want you to give him the test. He doesn't like it in the grade he's in now. His teacher is mean, she doesn't understand him. He's hard to manage, you see, because he's so nervous and temperamental. He gets hysterical over the least little thing. Why, once——" (*Turn to page* 53)

If Your Child Is—

Under 5 Years

You will be particularly interested in the features beginning on pages 15, 20, 21, 22, 24, 25, 28, 32, 34, 37, 46, 49, 50 and 56.

Between 5 and 10 Years

You will be particularly interested in the features beginning on pages 15, 16, 20, 21, 22, 25, 27, 28, 30, 32, 34, 37, 46, 49, 50 and 56.

Between 11 and 18 Years

You will be particularly interested in the features beginning on pages 13, 15, 16, 19, 20, 21, 22, 25, 26, 27, 28, 30, 34, 37, 49, 50 and 56.

AS children grow older they constantly present new problems. You will want to inform yourself in advance in order to meet them successfully. A single article is apt to give you ideas which may have a lasting influence on the health, happiness and character of your child, or on your relationship with your boy or girl.

WORLD FRIENDSHIP

If we would spare our children the miseries of war, we must teach them to make friends around the world

"CHING ching Chinaman, eats dead rats; came to my house and stole all my cats!" sang a group of children as a rugged old Chinese laundryman passed with his bundle of clothes. Either unimaginativeness or ignorance, rather than actual cruelty, made it possible for those children to taunt the faithful community servant; but conscientious parents will not be the less concerned because of that. Careful mothers and fathers may well ask themselves where those youngsters, fairly well brought up as bringing up goes, had picked up that vicious little rhyme. They got it probably, just as they might get the measles or the chicken pox, in unaccountable, unpreventable times and ways. The important question is not how they get such notions; for if they do not run into wicked little prejudice-planting ideas this week, they will next. The real issue is the imparting of ideas that foster right attitudes instead of wrong ones.

If all the peace talk and all the national and international energy expended for better understanding is not to become an empty farce in the course of the next fifty years, the young things in the sun-suit stage must be helped to carry in their hearts the dream that the mature world is now cherishing. Somehow the concept of trust and friendship for the peoples of the rest of the world must be planted and nurtured.

And what an enormous job that is; for hand in hand with international understanding must go a strong sense of race tolerance and respect, which is one of the hardest lessons civilized man has ever set himself to master.

If bad ideas are picked up like the measles, so are good ones. Subtle suggestions that mean little to the adult fall upon fertile soil in young minds. The intonation of the voice when people of another race are mentioned is an example. How fatally may a child be prejudiced against developing appreciation of the older nationalities by the use of such terms as Dago, Chink, Hunky! In developing friendship between their children and those of other nationalities parents must never forget that here as nowhere else the blind cannot lead the blind; for no matter how

Schreiner

Japanese and American dolls that crossed the sea as gifts of friendship roused good feeling that race prejudice will never destroy

Ewing Galloway

Our hospitality to German youths who came as exchange students after the war did much toward reestablishing kinder relationships

Ewing Galloway

Correspondence with boys and girls of other lands is always a powerful means of awakening sympathy and understanding

AMONG CHILDREN

By RACHEL DUNAWAY COX

convinced a mother and father may be intellectually, if they do not bring an emotional conviction to the project the child will know it, and by that strange perversity of human nature will pick up the irrational rather than the rational attitude of his elders. Back of our affirmations of friendship for foreign peoples must lie a genuine respect and a sincere effort toward understanding of other national loyalties and customs.

Parents, and especially mothers, who want to interpret to their children their sense of debt to other cultures may well use in their homes examples of the art and handicrafts of foreign peoples. Japanese prints bring an international note as well as a welcome splash of color to the library or bedroom. Some of the modern tableware from southern Europe has been designed especially for the delectation of children, and its quaint animal and flower pictures cannot fail to please. A clever woman will recognize the limitless possibilities in this line, India prints, Czechoslovakian embroideries and gaudy dishes, table covers from Austria for both adults and children, Japanese toys, gay Russian boxes. These things of beauty will not merely be introduced into the household and passed without comment; they will become the basis of lessons in world friendship.

In some sections of the country it is not easy to find cultured representatives of other nations, but those sections are few. And certainly the effort of finding them and inviting them and their children into our homes is worth while. The exchange of courtesies is perhaps the most convincing proof of sincere regard that international-minded men and women can give to each other or to their children. In our ingrowing American pride we do not always perceive the virtues of the immigrant neighbors about us, their courage, thrift and family solidarity.

Apeda

The Commission for World Fellowship Among Children is now filling Treasure Chests to be sent this summer to young friends in the Philippines

Ewing Galloway

Peasant costumes, such as these worn by Swiss children inspire interest in other lands

Folk dances and Old World plays present foreign customs and peoples appealingly

Books are at once a great avenue for evil as well as for good and, in so far as parents can maintain a wise and gentle censorship over what their children read, underlying notions of fear and hatred and superciliousness should not be allowed to come to the attention of the

Playground and Recreation Assn. of America

young reader. The fine steady loyalty that the peoples of every nation want a child to have for his own country is not incompatible with a consciousness of a fraternity of nations any more than family loyalty is incompatible with useful citizenship.

The Carnegie Endowment for International Peace is helping county and city libraries by presenting to them books on international-mindedness for both young and old. In a pleasant little library in the Southwest I wandered into the "International Mind Alcove," a cozy corner in the reading room where tastes of every age may be satisfied by books from the Carnegie collection. It was interesting to note that, although more books had been donated for child readers, fewer of them lay idle on the shelves than of those intended for adult consumption. In another corner I found the "Children's League of Nations," where stories of boys and girls of England, Germany, France, China, Holland and Japan showed well-worn pages to an investigating eye. Children *do* take to this type of reading material.

THE influences so far treated are of the silent, continuous sort of which the child will scarcely be conscious. Yet their very continuousness, their taken-for-granted quality, is what gives them their power. But there are other methods of cultivating world friendship among children which, properly employed, are equally potent. There used to be a charming custom which has been pretty largely crowded out of stereotyped modern life, the custom of evening songs, when mother played the piano and the children gathered round. Where the custom survives, national anthems and some of the best of the European folk songs may be added to the hymns and the American folk songs that regale the hour before bedtime. Few children could sing the Saint John's Day songs of Jugoslavia without wanting to know what was meant by Saint John's Day. From a knowledge of the origin of the songs, games and drills, folk dances very easily evolve. Not every mother will be able to lead her children's singing, give them fanciful folklore and then proceed to teach them peasant dances. But in many communities suggestions from mothers will prove very welcome to school teachers or recreation group leaders who can supplement the work started in the home.

If I hadn't known mothers who did it, I should never have courage to suggest that they sponsor dramatic effort by their own children. Some mothers find time to write the little plays their children later act; a large number send to a publisher for the material they want. Mothers can help in spontaneous attempts at expression, attempts that are likely to arise in the summer months when, for boys and girls who do not go to camp, time may drag. Simple little pageants, though largely a matter of costuming, leave a deep impression. Best, however, are those bits of drama, in which character and plot are united to present some idea of world friendship. Such plays are not easy to find, but they do exist. I think immediately of an exquisite little book of folk plays in which three or four one-act plays are distinguished by a genuine dramatic quality and at the same time present various European peoples in some of their most appealing aspects. When mothers can't find time or the particular talent necessary to whip such productions into shape, their ideas may be passed along to a play group of the Young Women's Christian Association, the Girl Scouts, or the Boy Scouts.

AS the long summer days draw on, especially if some of them are darkened by rain, there may be a chance for a round-the-world tour by way of Mother's kitchen. Such a project might be suggested outright, but it would be better if it should arise naturally from interest provoked by a holiday pageant or a visiting missionary or the sight of some foreign flag. In the most modest kitchen there are probably a dozen countries represented in the foods, utensils and larger equipment. There will be tea from Ceylon, spices from India, coffee from Brazil, rice from China, paprika from Hungary, olive oil from Spain or Italy, pineapple from Hawaii, to say nothing of the imported fruits. In a coast city, almost any refrigerator will yield persimmons from Japan, tomatoes from Mexico, bananas from Cuba. When each food or spice is discovered in the trip through the cupboards, its native country may be marked upon a map in red pencil, or the name of the product printed in small letters across the face of the country. The little boy may discover that his own woolen trousers come from English mills, and there is a chance that the little girl will find that she is wearing a dress whose fabric was made in French factories. Help the children to learn how coffee and rice are grown and in what kind of houses their cultivators live.

(*Turn to page* 52)

Honored for His Work in Parental Education

FOR two years THE PARENTS' MAGAZINE has awarded, on the nomination of a committee appointed by the United Parents' Associations of Greater New York Schools, a medal for distinguished service in parental education in the City of New York. This year the medal is awarded to Robert E. Simon, who is, according to the statement issued by the committee in announcing the nomination, "the leader in New York City of the practical interpretation of the parental education movement. His activity and devotion to the cause in its direct relationship to the welfare of the school children of this city have given a tremendous impetus towards the realization of the ideals of the movement."

Mr. Simon called together the original group which organized the United Parents' Associations, a federation of parent-teacher associations in Greater New York. There are at present one hundred and fifty-six public and private schools affiliated, and Mr. Simon is chairman of the governing board. Under his leadership the two parents' expositions were held in New York. He was chairman of the Citizen's Committee on teachers' salaries. While he is president of Carnegie Hall, Inc., and active in the real estate business, he finds time also to serve as a director of the City Housing Association, the League for Political Education, the Oratorio Society, the Regional Plan Association of New York and Environs and of the Parents' Publishing Association, publisher of THE PARENTS' MAGAZINE.

The two previous medals given for distinguished work in parental education were awarded to Prof. Patty Smith Hill, Professor of Primary Education, Teachers College, Columbia University; and to Mrs. Howard S. Gans, President of the Child Study Association of America.

LET THEM ALONE

Help your children through the trying adolescent years by leaving them free to find themselves

By ELEANOR BOOTH SIMMONS

"Mother, no soul has any right to tell another soul what it shall put on its feet"

Illustrated by Robb Beebe

GIVE your children wise guidance, but let them follow their own choice of a career. It is so generally taken for granted that the modern Young Person is free and untrammeled to a dangerous degree that it comes as a distinct surprise to hear a voice crying in the wilderness that this is not so, that modern parents interfere too much, and that many boys and girls are suffering from a sense of inferiority due to snubbing at home. Of course, if the voice came from Greenwich Village or Soviet Russia—but it doesn't. It is the voice of Dr. Katharine Murdoch, the eminently sane psychologist of the Vocational Service for Juniors in New York City. She spends her time delving into the minds of New York school children and helping them to understand what they are fitted by nature to do and to be. She has untangled many tangles in their young lives, and when she says that some of their difficulties are caused by lack of parental understanding, there must be something in it.

Dr. Murdoch is entirely in sympathy with the girl who said to her mother, when that careful parent urged her to put on her rubbers:

"Mother, no soul has any right to tell another soul what it shall put on its feet."

"Do you mean," we asked the psychologist, "that parents should let their daughters wear shoes that cramp their feet, for instance, and not check their youthful vanity?"

"It's not so harmful to cramp the feet as it is to cramp the individuality," she replied. "I mean that parents shouldn't nag. In the lives of most young people there is bound to come a time, somewhere between twelve and twenty, when they must break loose. Because the impulse is apt to express itself in antagonism to the parents, the latter must tread carefully.

"Too often parents, in urging a son to study for this or that profession, are merely gratifying their own pride. I have in mind a boy who is doing rather badly in school. His father wants him to be a lawyer, and his courses are directed to that end. I gave him an intelligence test and found him fairly quick and bright, but he is not interested in his studies. He loves trees and rocks and the out-of-doors. When the class goes on a picnic he can tell the other boys the names of all the trees. I try to tell his father that Harry is cut out for a forester, but do you think he will listen? And he believes it is parental love that leads him to force Harry into a mold!

"A GIRL I'm much interested in loves children and understands and attracts them. She would make a splendid child's nurse and would like to take the training and give her life to that work. But her parents will not hear of it. No, she must struggle through the commercial course and be a stenographer." (*Turn to page* 33)

DEAFNESS *in* CHILDREN

Many parents are unaware of hearing defects in their children. Simple tests will show it in time if deafness threatens

By HUGH GRANT ROWELL, M.D.

Director of the New York League for the Hard of Hearing

IT IS perhaps unfortunate to start a discussion of hearing with the admission that, if we may be thoroughly honest, we know comparatively little about the ear, how it functions, or how to prevent or even treat effectively its diseases. Nor have we any accurate idea as to the prevalence of deafness among children. This was admitted frankly not long ago at a meeting of a small group of scientists who could claim and, furthermore, prove that they knew as much as anyone about the hearing situation.

It would be easy to present the usual statement that about five to ten percent of all children of testable age have a hearing defect of some degree. I believe personally the true figure is much higher and that we shall be startled by what we find when the newer type of conservation program is under way in public schools in a large number of communities. The present school tests, such as the so-called "standard whisper" and the "watch test," in the hands of essentially untrained persons, are doubly ineffective, first, because the tests themselves are not good, except in the office as part of the examination of the otologist, and, secondly, because the tests are given by persons insufficiently instructed in giving and interpreting them. The new era has opened because mechanical tests are now available, and are reasonably objective. One device of the group type makes it possible to test at once 40 or even 48 children of the third grade or higher.

Hearing is difficult to test anyway, because it is a tricky sort of thing. Weather, fatigue from noise or loss of rest, and a thousand of the ordinary events of life affect it. Just how much variation occurs from time to time from these causes is difficult to determine. Some estimate it as five or ten d.v.'s which is the ordinary unit of measure of such things. This, however, is certain: the defective ear is more likely to show wider variations than the normal ear. The temporary damage to hearing from the ordinary cold, in certain individuals, is amazing. It is true that certain studies have shown that the cold had no effect on hearing. I can only point in reply to certain cases which have passed through my own hands. The hearing apparently returned to normal when the cold was over. As a sidelight, I have been amazed also at the variations revealed by two heart function tests, one given during a cold, one when the individual was well. Even the intelligent adult of today fails to comprehend how severe reactions are set up in various organs by colds. The moral is obvious—avoid colds strenuously and cure them speedily.

Obviously we are only now entering the period of knowledge as far as hearing is concerned. It has been a long struggle to reach even this era.

Going back through the lives of the present grandparents, certain stages stand out:

(A) THE STAGE OF TRAGEDY—In addition to the deafness of the aged, an almost expected thing, many will recall those sad cases of young persons, ill with some ordinary contagious disease, such as scarlet fever, suddenly losing the hearing of one or both ears. No one could be blamed. The physician of the day treated the case according to the best standards then known. And it is not easy for our grandparents to forgive physicians of that day for the partial wreckage of certain lives of friends or family. Nor can middle ear and mastoid infections add cheer to this now historical picture.

Once the defect occurred, treatment might be tried, treatment that in many cases was utter torture. But in the main, there was only the consolation of feeling that what God had wrought must be right and must be borne. That was the philosophy of the day.

(B) THE STAGE OF HOPE—As time went on, treatment of communicable diseases improved. Possibly the diseases themselves became less severe on the average. Perhaps better methods of living suggest the reason. Middle ears were opened earlier and mastoid infections were not allowed to progress almost to death's door before surgery was dared. But even here, once the hearing defect existed, the individual, especially as a social being, was handicapped rather seriously. (*Turn to page* 47)

WASHING

BY JOHN DRINKWATER

WHAT is all this washing about,
Every day, week in, week out?
From getting up till going to bed,
I'm tired of hearing the same thing said.
Whether I'm dirty or whether I'm not,
Whether the water is cold or hot,
Whether I like or whether I don't,
Whether I will or whether I won't—
"Have you washed your hands,
and washed your face?"
I seem to live in the washing-place.

WHENEVER I go for a walk or ride,
As soon as I put my nose inside
The door again, there's someone there
With a sponge and soap, and a lot they care
If I have something better to do,
"Now wash your face and your fingers too."

BEFORE a meal is ever begun,
And after ever a meal is done,
It's time to turn on the waterspout.
Please, what is all this washing about?

H. Armstrong Roberts

Warm sea sands make a fascinating playground for small girls and boys during sun-bath hours

¶The sun's rays have the power to cure disease and revive the forces of life. But they can do harm as well as good. This article gives rules for safe exposure

Ewing Galloway

SUN BATHS

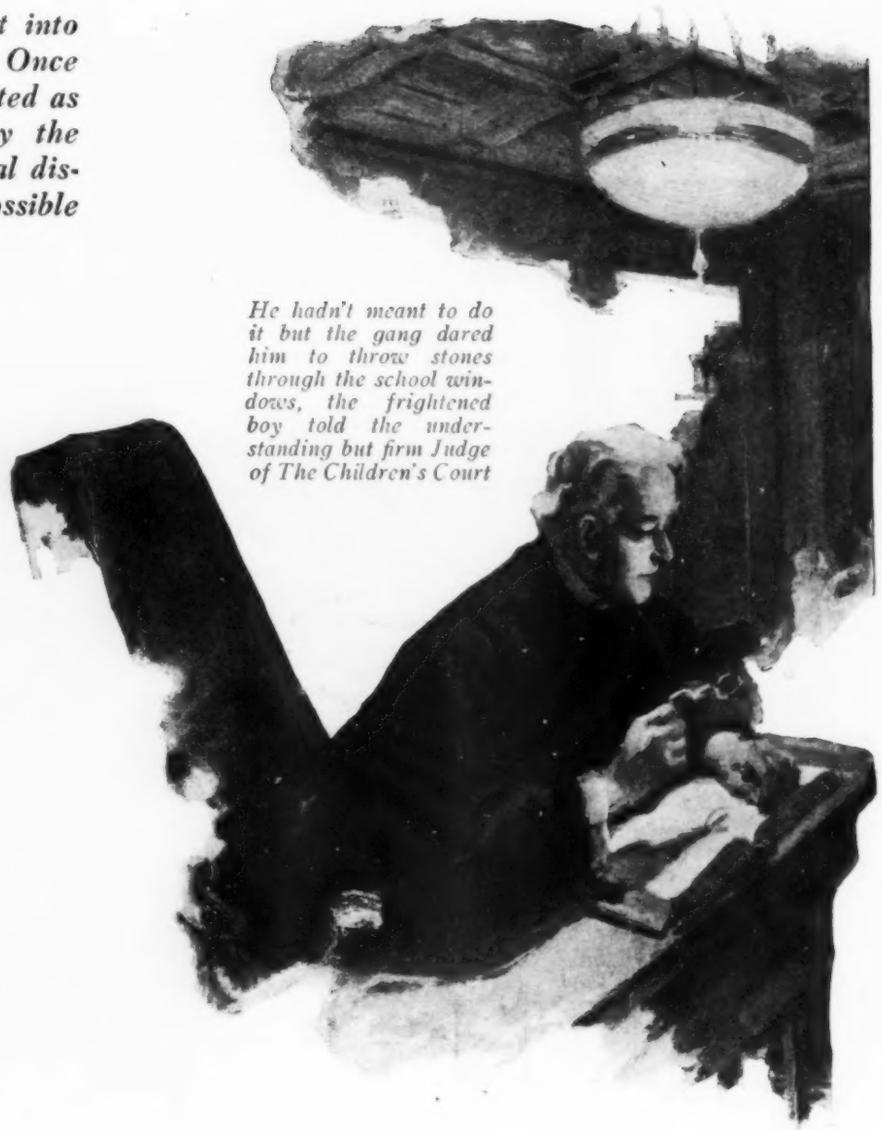
By ANDREW R. MACAUSLAND, M. D.

Orthopedic Surgeon, Carney Hospital, Boston, Massachusetts

DURING the past twenty-five years sunlight has rapidly assumed a prominent place in the treatment and prevention of disease, until today sun treatment, or heliotherapy, is recognized as a definite medicinal agent. The value of light therapeutics has been proved to the medical profession, but the layman, whose interest is being stimulated continually by numerous advertisements on the vital power of sunlight, is often in doubt as to just wherein lies its value and just what are the correct methods of administration. The parent naturally is interested in the rôle heliotherapy plays in the care of the child. Is it efficacious in curing disease and preventing its development? Of what benefit is it to the well child?

The practice of heliotherapy is well expressed by one of its chief advocates as "nothing but a return to the natural laws of existence." The treatment, while comparatively a new field, is not of recent origin. Hundreds of years ago the ancients were cognizant of the fact that light was essential to well-being. The Grecian temples of the followers of Æsculapius were built on sites chosen for their healthful climate. Here health was restored by simple hygienic living, including exposure to the sun. The Romans had their solaria, and the Egyptians their sun god. In the eighteenth and early nineteenth centuries, the French seemed to have shown more interest than any other people in the use of sunlight. Yet it was not until 1893 when Finsen, of Denmark, published his results of treating certain tuberculous lesions by sunlight, that investigation of its practical use began. In 1902, Bernhard treated suppurating wounds by sunlight at St. Moritz. The following year the first systematic effort was made to use heliotherapy on a large scale when Dr. Rollier of Leysin, Switzerland, began to apply it in the treatment of certain forms of tuberculosis. To Rollier should be credited the popularization of heliotherapy. During the next decade sun treatment was used on an (*Turn to page* 44)

¶ Any boy or girl may get into a scrape that ends in court. Once youthful offenders were treated as hardened criminals. Today the Juvenile Court makes special dispensation whenever it is possible



He hadn't meant to do it but the gang dared him to throw stones through the school windows, the frightened boy told the understanding but firm Judge of The Children's Court

The Child PRISONER

A SHORT time ago an unusual murder case commanded the attention of the jaded newspaper-reading public. In her little apartment on the lower west side of New York City, Mrs. Y., 76 years old, one day, was found dead in her bed, strangled by an unknown hand.

Shocking to relate, almost from the moment the crime was discovered the finger of suspicion pointed to a 12-year-old child—little Eddie X., the janitor's son. Taken off to the station house, under grueling interrogatory at the hands of the police, the youngster broke down and confessed that he had done this thing. In the beginning, he had not meant to kill; he had simply gone to the old lady's apartment on a legitimate errand, and, finding her asleep, it had occurred to him to rifle the little cash box that stood on her bedside table. When she awakened and caught him red-handed in the act of pilfering the sum of three dollars, he just naturally struggled with her in self-defense until she screamed no more. Just lay back, still. Then he came away. By his own confession then, Eddie was guilty of crime.

NOW, a crime is any offense against the law of the community where the act is committed. Crimes are divided into felonies and misdemeanors, according to their seriousness and the punishment prescribed therefor. Murder, bigamy, arson—these are felonies. Driving an automobile beyond the legal rate of speed; violation of any local ordinance—these offenses are misdemeanors. A crime in one jurisdiction may be an innocent act in another—as is the intermarriage of first cousins. In other words, a crime is anything that the law-makers have pronounced such; and as we are always warned, ignorance of the law excuses no one.

But is there no exception made on behalf of tender years? Are children to be checked up, just as grown-ups?

The old common law rule, upon which our American system of jurisprudence is founded, was to divide the 21 years of a young person's minority into three stages as regards his criminal responsibility, to-wit:

(1) Up to the age of seven years, when a child is assumed not to distinguish between good and evil; and hence may not be held legally answerable for any crime he may commit.

(2) Between the ages of 7 and 14 years, when a child is presumed to be incapable of crime; but if the state can establish that in fact the child did know what he was doing, and intended to do the thing that was wrong, then he may be held liable and punished.

(3) Between the ages of 14 and 21, a child is held fully answerable for the consequences of his acts.

THE advance of social consciousness may be traced, step by step, through its legislation. Thus in England, in the middle of the nineteenth century, the "juvenile offenders act" was passed, marking the beginnings of the present law that gives certain justices summary power over young offenders up to the age of 16, for all crimes other than homicide. In this same

Illustrated by J. Sanford Hulme

at the BAR

By
MARY FISHER TORRANCE
Attorney at Law

year, which was 1847, the first custodial institution in the United States exclusively for juvenile offenders was founded in New York City—the "House of Refuge," situated on Randall's Island, in the East River. Twenty years later Massachusetts provided that thereafter the trial of child offenders should take place apart from adults; with the state agent for children always in attendance and at the same time, that children awaiting trial should not be lodged in jails, with adults, but in quarters provided by private societies. This example set by Massachusetts was followed shortly by New York, and by other jurisdictions, the object being to keep "the child prisoner at the bar" away from hardened offenders.

It was not until a full generation later, in the year 1899, at a time when it appeared that no fewer than 575 children were being held in the Chicago jail awaiting trial, that The Juvenile Court of Cook County was created, the first of its kind in the whole world. Philadelphia copied the idea in 1901; and New York, the year after, despite impassioned opposition on the part of certain legal lights of bench and bar, who saw no gain to the community through the proposed innovation, but only an added burden upon the overloaded taxpayer.

Now, the fundamental principle of the Juvenile or Children's Court was radically different from everything that had been heard of before. The aim was not merely to segregate child criminals, and try them apart from adults. The underlying purpose of this specially constituted tribunal was the better understanding and handling of all children who have become problems—whether neglected children, destitute children, or delinquent children! The presiding judge seeks primarily not to decide—where a juvenile offender has been arraigned before him on a charge perhaps of larceny or assault-and-battery: "Has this child done this thing? And if so, how shall he be punished?" but rather: "How did this child get into trouble? And what can we do best, to keep him from straying again?" Society must take better care of its potential citizens, to see that this first misstep shall be the last.

The legislative act of any state creating a children's court stipulates its limits of jurisdiction. The New York Penal Code reads as follows:

"A child of more than 7 years and less than 16 years who shall commit any act or omission which if committed by an adult would be a crime not punishable by death or life imprisonment shall not be guilty of any crime, but of juvenile delinquency."

NOW, in New York state, the only crime that is punishable by death or life imprisonment is, of course, the crime of wilful homicide—that is, murder. Under this statute then, it follows that no child under sixteen can be classed as a criminal unless he commits murder.

While this sixteen-year limitation is the prevailing rule of children's courts, wherever existing, some states have raised it to eighteen; and the trend is to make it higher yet. The main stumbling block is the matter of expense, since the 'teens are (*Turn to page* 42)

What the Modern Baby SHOULD EAT

Experiments show that babies gain more rapidly and normally when additions are made to their milk diet early in the first year

By ISAAC A. ABT, M.D.

Attending Physician at the Sarah Morris Children's Hospital, Chicago

IT is not uncommon to find mothers who are skeptical of modern methods of infant-feeding, who say, "Apparently my year-old baby ought to embark upon a menu of cabbage, onions, cauliflower, liver and bananas. But I cannot believe it, I am going to *stick to just milk* as long as he seems happy with it." To these skeptical mothers I would point out that changing times have brought advances in every phase of life, in science, thought, art. Why, therefore, should not dietetics, too, fall in line with modern progress and accept changes validated by experiments and experience? Such changes in infant-feeding and child-nutrition have helped to reduce the hazards of being a baby and to induce a more vigorous childhood.

For many generations infants were given nothing but breast milk, even up to twelve months and beyond. Then, with the development of modern chemistry and bacteriology, artificial feeding was studied and was introduced about 1850. The pendulum, as always in medicine, swung from one extreme to the other, and enthusiasm for the new feeding led American and European specialists to recommend that artificially fed babies be given nothing but cow's milk for nine or ten months or often for a whole year.

Every baby has a right to the bright eyes and rosy cheeks good diet brings

The fallacy of such a theory can readily be detected. A normal baby gets his first teeth at five or six months and at nine months has quite a few and is therefore physiologically ready and capable of eating foods other than milk. Experiments showed that, from a nutritional standpoint, babies gained more rapidly and normally when additions were made to a milk diet, and that, from the standpoint of health, such additions were vital. It was found that if a baby was given artificial milk only, scurvy, rickets or tetany developed and he tended toward anemia, with blood of inferior quality.

Infants need not only the chemical constituents of foods other than milk, the fats, proteins, carbohydrates, mineral salts (including the important blood-enriching iron) and water, but also those accessory food factors, vitamins, which are necessary for normal growth and development as well as for the maintenance of health and the prevention of disease. It is important, therefore, to give infants fruit juices, vegetables, and fat-soluble vitamins such as those contained in cod-liver oil. By the fifth or sixth week, start the baby on ten drops of orange juice and five drops of cod-liver oil twice daily. Gradually increase the amount to one ounce of orange juice and one teaspoonful of cod-liver oil twice daily at four or five months.

At five months a 10 A. M. feeding of cereal should be added, followed by bottle or breast. Bring to a boil one tablespoonful of cereal with ½ cup water and ½ cup milk, add a pinch of salt, boil five to ten minutes on flame, then put into double boiler for 1½ hours. Begin feeding 1 tablespoonful, gradually increasing to five ounces. Pour part of bottle milk on it and feed with teaspoon.

At five months a vegetable soup luncheon may also be added to the baby's diet, followed by bottle or breast. Make the soup as follows:

Put into a soup kettle a quarter of a pound of beef, lamb or chicken and a small bone, together with two quarts of cold water and a teaspoonful of salt. For the baby six months of age, a quarter of a pound of liver or sweetbread may be added. Bring to the boiling point and boil slowly for three hours, then add two carrots, two stalks of celery, one potato and two tablespoonfuls of rice or barley.

BOIL slowly for one hour, remove bone and meat, then rub vegetables and liver through a fine sieve. Let cool, remove all fat. Begin serving one tablespoonful and increase gradually to six ounces.

The child will thrive on the food constituents and vitamins of the vegetables and liver. (*Turn to page* 45)

Lazarnick

COOL DRINKS *for* CHILDREN

Local option favoring fresh fruit juices and centering in the home refrigerator is the best way to deal with the question of beverages for children in summer

By NELL B. NICHOLS
Nutritionist and Food Research Specialist

THERE can be no doubt about the attraction of "soft drinks" in this country. Soda-water fountains are one of our most popular national institutions and boys and girls are their best customers. The conscientious parent is troubled by these facts. Of what use to feed youngsters a carefully balanced diet if they are to counteract that balance by a consumption of over-sweet "pops," sundaes and what-not between meals? On the other hand, even the most hygienic parent must face the facts, and we cannot ignore the presence of the soda-water fountain in our midst. Is a mother to forbid her children to patronize it at all? Should she allow them to visit the soda fountain in moderation? Or what is she to do?

Perhaps the best way out is for her to supply a counter attraction by establishing a beverage shelf in the refrigerator at home. Faced with such competition, the soda water fountain loses some of its charms. Especially is this true if the children are allowed to share the home-made refreshments with their young friends and playmates.

This does not mean that commercial fountains are all bad. It is true that many of them bear watching so far as sanitation is concerned. For example, are sanitary containers used? If cleanliness prevails, the children may be allowed to go once in a while for the sake of variety. Most good fountains offer a selection of pure fruit juices, such as those of oranges, lemons, limes and grapes. The addition of ginger ale will provide a zip that delights the older boys and girls. There are the malted milks and malt cocoa food drinks which are fine for under-weight children. Root beer or sarsaparilla, to which vanilla ice cream is added, is popular with youngsters. But most of these may be fashioned at home for the older children, and there it may be served where it belongs, in the dinner, as the dessert.

Nothing is gained by lamenting over the universal popularity of cold beverages. Why (*Turn to page* 40)

GOOD MOVIES *and* BAD

A Reliable Guide for You and Your Children

HOW TO MAKE THE MOST OF THIS DEPARTMENT: The time it takes for films to be exhibited throughout the country varies greatly. Consequently, if you are looking for information regarding some specific picture, it may be necessary to look through the reviews in back issues of this magazine. In response to an excellent suggestion from a subscriber, THE PARENTS' MAGAZINE offers a box file containing alphabetical guides and 500 cards, so that a reader can clip the reviews as they appear, paste them on these cards and file them for convenient reference. Send $1.50 for this unique Motion Picture File to THE PARENTS' MAGAZINE, 255 Fourth Avenue, New York, N. Y. Information on how Parent-Teacher Associations, mother clubs churches, and other organizations can use these files to great advantage will be sent on request.

Charles Farrell and Janet Gaynor in "High Society Blues"

ALIAS FRENCH GERTIE, with Bebe Daniels and Ben Lyon (*RKO*)—Fairly good crook melodrama—compounded of the usual elements. A French maid, stealing everything she can lay hands on in picturesque style, reforms and then tries to cure her crooked "sweetie." Shows that criminal life is dearly paid for but glamorous and fascinating nevertheless. (E) *For A:* Fair. *For Y:* Doubtful. *For C:* No.

ALL QUIET ON THE WESTERN FRONT, with Lewis Ayres (*Universal*)—A remarkable achievement. Those who were interested in the book will be gratified by the artistry of the manner in which the printed page has been translated into action. It is undoubtedly the most finished work in this line ever presented on the screen. It is of course, also, probably the clearest preachment against war's futility and cruelty which we have had. The production is recommended with real enthusiasm because of its outstanding qualities, intellectually and artistically. (U) (E) *For A:* Excellent. *For Y:* Depends upon individual. *For C:* No, too tragic.

THE ARIZONA KID, with Warner Baxter (*Fox*)—Romantic melodrama of frontier days in which Warner Baxter portrays the rôle of a reckless and fascinating Mexican bandit whose adventure in love nearly lead him to disaster. The credible plot is full of action and romance. The outdoor scenes are very beautiful and it is highly entertaining. (U) (E) *For A:* Good of its kind. *For Y:* Very entertaining. *For C:* Entertaining.

THE BIG POND, with Maurice Chevalier (*Paramount*)—America's pet foibles are held before our eyes and greatly satirized in this amusing farce. Our slang, successful "business methods," and our great national thirst—all receive sly digs, and appear as ridiculous as possible. M. Chevalier's charming personality dominates the production and entertains delightfully. (U) *For A:* Entertaining. *For Y:* Sophisticated but entertaining. *For C:* Not especially suitable.

BORN RECKLESS, with Edmund Lowe (*Fox*)—In spite of an interesting cast, this picture is very ordinary. It is a story of gangsters, and of the code of ethics by which they live, and the action is so melodramatic and violent that when battle scenes at the front are introduced they seem a wholesome relief. Although the story attempts to prove that crime brings destruction and death, the absence of any enduring qualities makes it unbalanced entertainment. (U) (E) *For A:* Mediocre. *For Y:* Unwholesome. *For C:* No.

CHILDREN OF PLEASURE, with Lawrence Gray (*M-G-M*)—This is a very mediocre semi-revue. The banal and too obvious plot attempts to unite society and tin pan alley. (U) *For A:* Mediocre. *For Y:* In poor taste. *For C:* No.

THE CUCKOOS, with Bert Wheeler and Robert Woolsey (*RKO*)—Hilarious, fast-moving musical comedy hash, with idiotically funny gags, slapstick and horse play, elaborate stage dances and songs, and risque wisecracks. Very lively and amusing for those who do not mind vulgarity with their fun. (E) *For A:* Good of its kind. *For Y:* Doubtful. *For C:* Doubtful.

THE DEVIL'S HOLIDAY, with Nancy Carroll (*Paramount*)—This has the not unusual plot of a gold-digger who finds that she loves her husband after a less worthy motive was responsible for the marriage. It is an emotional melodrama contrasting the "virtues" of the gold-digger and her friends with the intolerance of religious fanatics. It is not pleasant entertainment. (U) *For A:* Hardly. *For Y:* No. *For C:* No.

THE DIVORCEE, with Norma Shearer (*M-G-M*)—An extremely sophisticated problem play, dealing with marriage and divorce in which the characters are wealthy, ultra modern men and women in search only of pleasure, who live in utter disregard of moral and ethical laws. The theme is deftly handled and holds the interest-provoking thought. (U) *For A:* Perhaps. *For Y:* No, unwholesome. *For C:* No.

FOX MOVIETONE FOLLIES OF 1930, with Marjorie White and El Brendel (*Fox*)—A lavish revue which is held together by a very simple and uninteresting plot. The dialogue and humor are often in poor taste. (U) (E) *For A:* Perhaps. *For Y:* Not recommended. *For C:* No.

JOURNEY'S END, with Colin Clive (*Tiffany*)—Stern stuff, showing life in a front line dugout at its true worst. Splendidly acted, tense and convincing picture of the futility and terror of war. Great anti-war propaganda. (E) *For A:* Notable. *For Y:* Fine, but depressing. *For C:* Perhaps too strong.

THE LADY OF SCANDAL, with Ruth Chatterton (*M-G-M*)—Based on the stage play "The High Road," this is a treat for discriminating mature audiences. It concerns the efforts of a decadent aristocracy to prevent the marriage of the young heir to a popular actress. It is a delicious satire on baronial home life and is a perfect setting for Miss Chatterton's reserved acting. (U) (E) *For A:* Interesting. *For Y:* Interesting. *For C:* No interest.

MAMBA, with Jean Hersholt (*Tiffany*)—The fine actor, Jean Hersholt, here used as swinish, despicable rich German (South Africa, 1913) who replaces native mistress with girl he bought in Europe to marry. Cruel and bestial toward every one, he loses her to young German officer and dies himself. All color, striking photography. (E) *For A:* Strong, but unpleasant. *For Y:* Better not. *For C:* No.

THE MAN FROM BLANKLEY'S, with John Barrymore (*Warner*)—Mr. Barrymore as a slightly inebriated English lord at the wrong dinner table under the most ridiculous circumstances, clowns inimitably through a delightful and unique comedy. If the other characters in the mid-Victorian setting appear somewhat too exaggerated to seem entirely real, we may perhaps lay it to the necessity of shortening the original play so that we cannot get acquainted with their human peculiarities. Like characters from Dickens they are deliciously comic. The production is a decided novelty which should not be missed. (U) (E) *For A:* Interesting. *For Y:* Good, if not too mature. *For C:* Too mature to interest.

(*Continued on page* 55)

Best Recent Films for Young Folks

Across the World with Mr. and Mrs. Johnson	In Old California
Anybody's War	Isle of Lost Ships
Around the World via the Graf Zeppelin	It's a Great Life
Burning Up	Jazz Heaven
The Cohens and Kellys in Scotland	Let's Go Places
Dance Hall	Little Johnnie Jones
Devil May Care	Lucky in Love
Disraeli	Nix on Dames
The Feminine Touch	Not So Dumb
The Forward Pass	Only the Brave
Give and Take	The Return of Sherlock Holmes
The Golden Bridle	Romance of the Rio Grande
The Great Gabbo	Sally
Half Way to Heaven	Seven Faces
High Society Blues	Seven Keys to Baldpate
His First Command	So This Is College
Hit the Deck	Taming of the Shrew
Honey	The Vagabond King
Hunting Tigers in India	The Viking
	Words and Music
	Young Nowheres

What the Abbreviations Mean

E—The judgment of the National Film Estimate Service, an organization unaffiliated with the motion picture industry, having a corps of well-qualified volunteer reviewers throughout the country.

U—The judgment of the Motion Picture Committee of the Women's University Club, Los Angeles.

For A—For intelligent adults.

For Y—For youths, 15 to 20 years of age.

For C—For children, from 10 to 15 years.

Furnishing the WHOLE-FAMILY HOUSE

Living out of doors in summer is one of the pleasantest things a family can do. This article is full of practical suggestions

By PAULINE DUFF
Interior Decorator and Home Consultant

THE house is merely a background for family life during the summer months, for most of the time of all of its members, waking or sleeping, should be spent out of doors. The sleeping-porch, the sun-room, the veranda and the lawn become all-important. Comfortable, practical and inexpensive furnishings for the semi-outdoor rooms provide gay and pleasant places to lounge on trying days when any effort is herculean. Tempting spots for relaxation will automatically keep the children from overexertion in the hot sun, provide a charming place to receive ambitious callers, and lure the housewife herself into the open air. Meals which are served out of doors are always enjoyed and take on the attractions of a picnic.

For the sun-room, furniture of stick-reed or willow, upholstered in vivid large patterned fabrics, is the popular choice. An antique brown, green, or vivid yellow, wound with contrasting colors are the most popular colors in reed furniture. Yellow with blue, a Spanish provincial combination, is smart this season; yellow with red, yellow with green, or brown with orange and green, all have the colors of the windings picked up in the gaily colored upholstery fabrics. Woven cotton plaids, with a touch of black to give character to a multi-color fabric, hand-blocked linens, cretonnes of large floral designs, crash-like fabrics of colorful pattern, and waterproofed fabrics are used for the upholstery of this furniture. The waterproof fabrics are the most practical, though the cottons and plaids are inexpensive and effective, and may be had in gay stripings, large designs, plain colors bound in contrasting tones, and in a variety of designs as great as the variety of chintz or cretonne. The weather does not injure these fabrics and they will withstand the hard wear to be expected where there are children. A yellow stick-reed set, wound in green and black by way of decoration, may be upholstered in a plain green waterproof fabric which has been bound at the edges in yellow. This fabric has a satiny finish and a smooth texture which resembles silk.

Furniture of reed, rattan, willow and cane is now made on the lines of living-room furniture and is both durable and comfortable. Sets of four pieces are in popular demand, and these consist usually of a sofa, two types of armchair, and a table about the size of a bridge table, upon which flowers, a lamp, books and smoking accessories may be kept. In addition to this suite, a matching chaise longue may be added, consisting of two pieces: a low armchair and a footstool, upholstered to match it. This piece may either be part of the sun-room group, or it may be used as the center of a very comfortable veranda group, serving to link these two semi-outdoor rooms. In the sun-room a fiber rug, an Indian drugget, or linoleum in a flagstone or (*Turn to page* 38)

Tea in the garden on a summer afternoon. Metal chairs with orange waterproof cushions lend a practical and colorful note

Gay checked crash upholsters this stick willow furniture and serves as curtains for the sun-room. The porch beyond is made inviting with glider couch, folding camp chair, smoking stand and other accessories

DAINTY FROCKS *for* HOT DAYS

Easy to make, these fashions for varied ages add chic to summer wardrobes

By Elaine De Forest,
Fashion Editor

THE awkward age has vanished. Those who design fashions for young people nowadays know how important it is for the growing boy or girl to feel not only comfortable but well dressed.

The sub-deb has her bolero, which she wears knotted youthfully in front as in E 3180. To satisfy the younger miss' desire to be very much up-to-the-minute there are models like E 3207 with a frilly circular collar and with skirt flares inserted in diagonal lines. Some of the most charming of these models make splendid use of colorful cottons as well as linen and shantung.

The little girl, of course, follows her elders in ensemble fashions of smartly contrasting colors, of which E 3033 is an example. For the very tiniest members of the family there are amusing little suntan suits cut away to almost nothing and made in the gayest and coolest of printed cottons.

E 3033 E 3194

E 3207

E 3180 E 3200 E 2813

E 3033—Child's Ensemble piqué and gingham. Designed for 2 to 8 years. 8 years requires 1⅝ yard 36-inch checked fabric, 2⅛ yards 36-inch plain, 1½ yards bias fold binding.

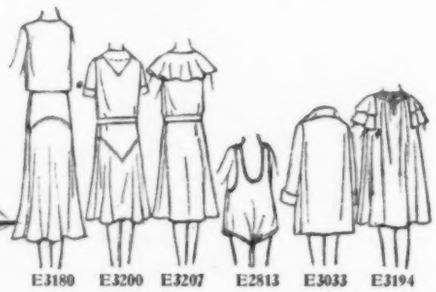
E 3194—Girls' Frock of voile, dotted swiss or lawn, with double capelets. Designed for 2 to 10 years. 8 years requires 2¼ yards 36-inch fabric, 1¼ yards bias binding.

E 3207—Girls' Frock of sheer linen, lawn or voile, with a broad frilly collar. Designed for 6 to 14 years. 12 years requires 2½ yards 36-inch print, ¼ yard 36-inch plain.

E 2813—Child's Sun Suit of linen, jersey or flannel, briefly cut for sun baths. Designed for 1 to 5 years. 4 years requires ¾ yard 36-inch fabric, with 4 yards of binding.

E 3180—Girls' and Juniors' Ensemble of flat crêpe or voile. Princess frock topped with bolero. Designed for 10 to 16 yrs. 16 yrs. requires 2½ yds. 39-inch print.

E 3200—Girls' Frock of linen, shantung, or broadcloth. Designed for 6 to 14 years. 14 years requires 3⅜ yards 36-inch fabric, and 9 yards of contrasting binding.



E3180 E3200 E3207 E2813 E3033 E3194

These patterns are obtainable from The Parents' Magazine, *255 Fourth Avenue, New York, N. Y. State number and size of design desired. The price is 25 cents each, except E2813, which is 20 cents*

When the child's appetite lags . . .

WHEN he begins to balk at the usual egg, the usual glass of milk — it's a sure sign that he needs variety.

It is very important that the growing youngster drink plenty of milk each day — but only natural that plain milk should grow monotonous at times.

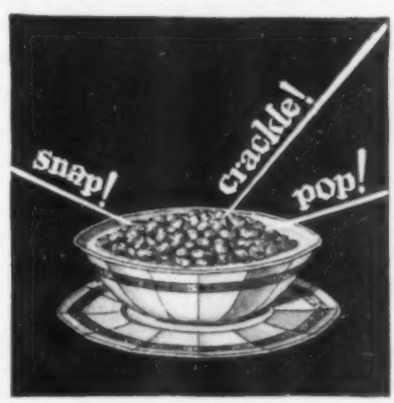
That is why dietitians praise the practice of varying children's menus, while retaining the full quota of milk by serving it in a different form. Ready-to-eat cereals are a wonderful way. They offer a refreshing change from heavier foods and they are excellent conveyors of milk.

You could select no more delightfully different cereal to tempt the appetite of your child than Kellogg's Rice Krispies. These golden rice bubbles actually crackle and pop in milk or cream. They fascinate children. An ideal dish for the nursery supper.

Rice Krispies offer the nourishing elements of rice in easy-to-digest form. They are wholesome and good. Children like them plain, to munch between meals.

Try them yourself as a change and see how delicious they taste. You'll like them for lunch as well as breakfast. Serve with cream or milk and add fruits or honey.

Your grocer has them — oven-fresh in the waxtite *inner sealed* wrapper. An exclusive Kellogg feature.



Kellogg's

RICE KRISPIES

Write the Home Economics Department of the Kellogg Company, Battle Creek, Mich., and we will be glad to send free menus and literature on child feeding and diet. Your own physician should always be consulted in the event of ill health and sickness — ours is in no sense a medical service.

The above is a CERTIFIED ADVERTISEMENT. See page 58 for Advertising Standards.

FAMILY FUN

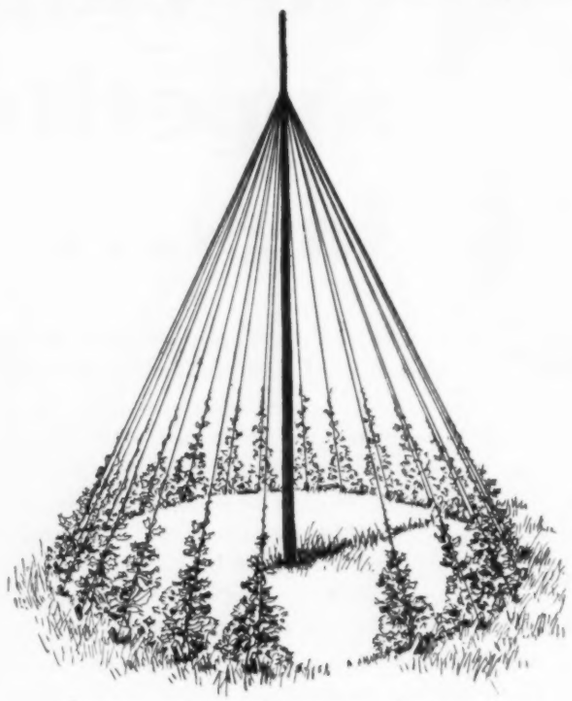
And Things for Children to Do and Make

Edited by THE PLAYGROUND AND RECREATION ASSOCIATION OF AMERICA

A LEAFY TENT—Just show me the boy or girl who doesn't enjoy a tent to play in during the summer days. Any child may own this tent, and also have the pleasure of making it and watching it grow. A spot near the vegetable or flower garden, or in the backyard, is a desirable place to grow the tent.

First, secure two small stakes both sharpened at one end, tie a piece of strong twine four feet long to the upper ends of the stakes, and drive one stake in the ground where the center of the tent is wanted. Stretch the string tight, and with the aid of the other sharpened stake, mark out a circle about eight feet in diameter. Now take a trowel and dig a ditch around the circle and drop seeds in. Such seeds as flowering beans, or any fast growing vine with large leaves will do. Cover the seeds about an inch deep with fine soil and water well.

How eagerly the children will watch daily for the coming of their tent. As soon as the beans sprout, so you can tell where they are, drive a row of small stakes around the circle, with a pole eight or ten feet tall in the center. Fasten strong twine to each stake and carry it to the top of the large pole, where it is fastened. Leave an open place for an entrance to the tent. The children will derive much pleasure from training the vines to climb on the strings and watching them grow higher and higher.—*Mrs. M. M., Parkersburg, W. Va.*



Summer sunshine will coax any fast growing vines up guiding strings to form a green vacation-time tent

Games for July Fourth

FORMING FLAGS—This is one of those much-to-be-desired games which keep all the children playing all the time. The players are divided into groups of three. The right arm of each child in each group is banded with a piece of red, white, or blue material, with one band of each color in each group. Each group represents a flag. There should be one odd player, whose arm may be banded with any one of the three colors. When the leader says "form new flags," all the groups break up and new groups, including the three colors, are formed. In the general mix-up the lone child has a chance to become part of a new flag combination. When all the flags are re-formed there will again be one odd color. The game proceeds as before.

WHERE IS MY FLAG FLOATING?—Each player carries a small flag. To begin the game someone holds up his flag and says: "My flag is floating over something that begins with an H" (or any other letter). The other players try to guess what the announcer had in mind, and the first to guess correctly exchanges places with him. If the word "house" was intended, such answers as "home" or "hospital" would not do even though they begin with the letter mentioned. The new announcer proceeds in like manner, choosing a new letter. The words chosen should be the names of buildings or other places from which the flag may appropriately fly, such as capitol, auditorium, school house, fort, steamship, etc.—*P. R. A. A., New York.*

One Dollar will be Paid

On publication, for short contributions telling how you and your family have fun together. No manuscripts will be returned. Address Family Fun Editor, THE PARENTS' MAGAZINE, 255 Fourth Avenue, New York City.

WE HAVE FOUND A SPLASHING PARTY an easy and jolly way to entertain young children on a warm day. In the morning I fill several washtubs with water and set them in the sun to warm. By afternoon the children can splash and play in them for a long time without becoming chilled. The guests all come in bathing suits, which saves the mothers the trouble of dressing them in party best.

We fold a great many paper boats, which will sail for a long time when made of heavy waxed paper. After the children tire of that, they can jump up and down in the tubs and run from one tub to the next. Sometimes the party grows so hilarious that we bring out a small tin pail for each child and have the children carry part of the water to the garden. This proves as much fun as the rest and gives the hostess a chance to serve the fruit ice and cookies which constitute the refreshments.—*Mrs. F. W. T., East Lansing, Mich.*

Outdoor Suppers

IF you want your children to have happy memories of family comradeship, take them picnicking often, even if it is only in your own yard. Building the fireplace will furnish interest for several days of preparation. We built ours with brick sides and an iron sheeting top. Usually our picnics were not prearranged affairs. Someone just said "Let's have a picnic," and we prepared a menu from food in the house and were off for a good time together.—*L. A. W., Alexandria, Mo.*

We have a fireplace in the backyard, where the family often gathers to cook the evening meal. A few feet away we have planted shrubbery, such as willows and ferns, that we have gathered on our trips into the country. Near-by stands a huge pepper tree under which we have a picnic table and comfortable seats. Each one does his share in the cooking. After supper we put a few more sticks on the fire and settle down for an evening of stories, games and songs. When the evening is over we all go off to bed feeling that we've had more fun than if we'd gone to a party.—*Mrs. D. B., Los Angeles, Calif.*

Ethel used to hide to avoid drinking milk

. . . but now she eagerly drinks four glasses a day

"I COULD hardly get my 6-year-old daughter to take milk. She fussed and cried and sometimes even *hid* to keep from drinking it.

"Finally a neighbor told me that she had the same trouble with *her* children until she started mixing Cocomalt with their milk.

"I tried it with Ethel and it worked like a charm. She simply *loves* the taste —and drinks as many as four glasses a day without coaxing. Her color is much healthier now and she is much sturdier and stronger."

What Cocomalt does

This mother's experience is typical of similar experiences in thousands of homes everywhere.

When growing children tire of the monotony of milk, Cocomalt not only wins them with its rich, creamy, chocolate flavor—but adds 70% more nourishment as well. This means that each glass of Cocomalt counts for nearly *two* glasses of plain milk—besides furnishing the precious Vitamin D.

What Vitamin D does

Vitamin D is the same vital element produced by summer sunshine. It not only aids assimilation of milk minerals (lime and phosphorus)—but helps to prevent rickets (soft bones and unsound teeth).

Cocomalt also contains other important elements, including malt enzymes which actually have the power to digest various other foods which may be in the stomach. Thus when you add it to milk, you not only make a delightful drink, but you add a *natural* concentrate of the most effective body-building elements known.

Cocomalt is utterly different from anything you've ever tried. Do not confuse it with mere malted milk, cocoa or foreign substitutes.

Free trial—send coupon

Cocomalt comes in powder form all ready to mix with milk, hot or cold. Takes but a jiffy to serve. Three sizes: ½ lb., 30c—1 lb., 50c—and the economical 5 lb. family size. At grocers and leading drug stores.

See for yourself how delicious Cocomalt is—and how quickly children take to it. Simply mail the coupon below and a generous trial can will be sent you by return mail—free of cost.

Cocomalt

ADDS 70% MORE NOURISHMENT TO MILK

DELICIOUS HOT OR COLD

R. B. DAVIS COMPANY, Dept. 87, Hoboken, N.J.
Please send me, free, a trial can of Cocomalt.

Name .....

Address .....

City ..... *State* .....

The above is a CERTIFIED ADVERTISEMENT. See page 58 for Advertising Standards.

PARENTAL PROBLEMS

And Ways to Meet Them

BELOW, printed in italics, are problems which every parent is apt to meet in bringing up children. The solutions described by readers are not presented as magic formulas that will always succeed. But we do feel that they contain suggestions of value which may be used or adapted to fit the individual case.
—THE EDITORS.

JOHN, *aged three, resented my taking his hand when we crossed the street.* I formed the habit of asking him when he thought it safe to cross and if he would hold my hand so that I would be perfectly safe. He felt that the responsibility of taking care of me was his and he took it seriously. I feel that he is forming habits of looking carefully and crossing only when there is no danger. These will stand him in good stead when he goes to school in a year or two.—*Mrs. J. J. G., Ohio.*

BOBBY, *aged five, dawdled over his meals and cut up all sorts of capers at the table.* One day I was at my wits' end after he had poured cereal over his curly hair, thrown things on the floor and spread butter and cheese all over the dishes and the table. Ignoring him or taking away the food did not change his attitude. He had begun hysterical vomiting. I went to our doctor and talked things over with him. The result was that we decided to omit some of the starchy food from Bobby's diet. He was served small quantities in a more attractive and varied form. A few things that seemed to be especially disliked by him were replaced by others of the same nutritive value. In a short time his eating habits were entirely changed for the better.—*M. R., New York.*

MY *seven-year-old son was developing the penny-candy habit,* sometimes spending most of his week's allowance for cheap candy. I didn't want to curtail his allowance for I am trying to teach him the right use of money. I finally suggested to him that any time he would go for a whole week without buying candy I would make him some of any kind he wished. It took about three weeks to put this idea across but finally he did go a whole week without spending any money for candy. Then he asked me to make pinoche and I did. He was delighted, not only because he had more candy, but because he had some to offer the other children. He hasn't spent any money for candy now in several weeks, for we always wait a week after our home-made batch is eaten before we make another. I know now what candy he has, I can see that he has only a limited quantity at one time and that he has it after meals. This, to me, is worth the trouble of making it. —*Mrs. M. E. B., Oregon.*

I DISCOVERED *that my four-year-old son was being coaxed by several of his playmates to try to "sneak" matches from the house.* I didn't tell my son that he must not play with matches. I called him in from play one day and told him that it wasn't necessary for him to "sneak" matches and that when I needed to light the gas in the range I would call him to strike the match for me. Each time I did this I impressed upon him the danger of lighting a match if Mother wasn't with him. He soon realized that he didn't need to go behind my back to get the "thrill" of striking a match. This way of doing satisfied his childish longing for such a dangerous plaything. I feel I have been well repaid for the time and inconvenience caused me, for after all children are like grown-ups—they are attracted by the things that are prohibited them. My little boy is now nine years old and I have handled many other problems in a similar way and have achieved equally good results.—*Mrs. J. R. P., Pennsylvania.*

SHORTLY *after my marriage to his father, I learned that my eight-year-old stepson was an accomplished liar.* At first I did nothing, for I feared to make the problem worse. Then I tried to classify his lies and learn his reasons for telling them. There were the ones he told to shield himself from possible scoldings; the ones to shield himself from blame, or prove that he was right and the other person wrong; lies to win approval, by professing goodness and obedience he had not really practiced. He lied, then, to avoid disfavor or to win approval. He wanted to be popular within his social group. I told the boy (just as I would if helping with a problem in arithmetic) that he had made a slight mistake, but in the main was right. It was *right* to care that folks should love him, right to want approval. But that people admired truthfulness, and that I wished to help him learn to tell the truth.

"Let's just keep track," I told him, "and I'll write it down each time you tell the truth instead of a falsehood. When it's a little thing, we'll give you one point, but when you tell the truth about a *hard* thing we will give you five. And every time you reach one hundred we'll put down a gold star."

The plan, I think, is working. The boy is still untruthful at times but he more often, even after misdemeanors, rushes in to tell the truth and ask, "Will that be *five* points, Mother?"—*Mrs. M. W. A., Iowa.*

WHEN *my oldest boy was quite young he had a mania for wanting to open every package that came into the house and examine its contents.* Instead of saying, "Don't touch that," I would open the package myself and explain the contents. If it was a can of talcum, I would say, "See it is a pretty can, the can is round, it is smooth, the powder is soft." I would put it into his hands to feel, see and smell and say, "It smells good, now let's put it away so we can have it for your bath tonight." New articles of clothing were examined and their use explained. "Now we'll put them away so they will be nice and clean when we want to wear them to the park." He learned that blankets were warm and soft, where wool came from, the use of tools and so on. His curiosity was satisfied and he never molested things in bureau drawers and cupboards as so many children do.—*Mrs. C. M. Van Sant, California.*

If You Have a Problem

IT is impossible for us to dictate individual letters replying to the thousands of questions we receive concerning problems that parents meet in bringing up their children. And we do not believe in answering such questions with form replies. We are convinced, however, that very practical help on almost every parental problem may be found in articles appearing in this magazine. If readers will send 25c (coin or stamps accepted) with their questions, stated as briefly as possible, we shall select from our cumulative index of back issues the article containing the best information on the question asked, and shall send a marked copy of the issue in which it appeared. If the issue has been exhausted or if we have had no article on the subject, the money will be refunded.

$1.00 for Your Handling of a Problem

READERS are invited to tell us of problems in child training which they have encountered and which they feel they have met successfully. Write briefly stating the problem and your treatment of it. One dollar will be paid on publication for each contribution accepted. Manuscripts for this department will not be returned. Address Parental Problems, THE PARENTS' MAGAZINE, 255 Fourth Ave., New York, N. Y.

Let Them Alone

(*Continued from page* 19)

Parents, and older brothers and sisters, and teachers, too, often err by laughing at or scolding a child for some abnormality which, if ignored, would soon lapse. Dr. Murdoch was asked to examine a boy who annoyed his teachers by perpetual giggling. They thought, like the sneezing baby of the Duchess in "Alice in Wonderland," "he only did it to annoy because he knows it teases." When he giggled, the doctor paid no attention, but occupied herself with a book till he got over the spasm, and then resumed her talk with him. Finding that this worked, she suggested to his parents and teachers that they try ignoring his giggles, and by degrees all the hysteria which had been aggravated by constant notice disappeared.

A sense of inferiority from which many children suffer, according to Dr. Murdoch, may be fostered by parents who are always saying things to "keep the child in his place."

"I believe in praise as a developer," she says. "Not, of course, in undeserved commendation; but every child has some qualities that one can honestly praise. The child should be made to feel that he is adequate to life; one burdened by a sense of inferiority can never feel this. Children are sensitive, and, because they are inarticulate, we often do not guess when they are hurt. I have heard teachers say, in a pupil's hearing: 'Oh, I don't expect much of him; he is slow.' The self-protective instinct may lead him to swagger and pretend he doesn't care, *but he does.*"

PARENTS, afraid of making their children conceited, may lean too far the other way. A certain pretty and clever young girl in high school puzzled her teachers and friends at times by refusing to join in their social activities. One day an older friend tried to find out why she suddenly refused to go to a party and she burst out: "My father says I'm a pale little pill! I won't go anywhere looking so pale. The family would disown me if I tried rouge—so what can I do?" As a matter of fact, her warm paleness is perfectly healthy, and charming with her brown eyes. But her family are systematically seeking to keep the pride of their hearts from being vain. And they are only making her shy and unhappy.

Backward children with a brilliant family to live up to have an equal trial. A counselor on the staff of the Vocational Service for Juniors is just now trying to save one such girl from her ambitious parents. An older son and daughter are working their way through college, with all sorts of fine prospects, and it was always expected that Sophie would follow suit. But Sophie is just a good, plodding little girl who doesn't care for college. She wants to go to trade school and learn dressmaking. She will probably, with the counselor's backing, get her way, but it is a terrible blow to the family, and they make her feel it. It is just as bad to expect too much of a child as to expect too little. Let them be themselves!

They think it's fun

. . . But you *know it helps to preserve their teeth!*

NO trouble at all to make the little ones brush their teeth . . . if you give them Colgate's! For Colgate's *tastes good* . . . children love it. Toothbrushing becomes a daily game for the youngsters . . . when they use Colgate's!

Authorities declare Colgate's to be the ideal dentifrice for children . . . because it not only cleans the teeth thoroughly . . . but safely. Children love the delightful Colgate flavor! It makes toothbrushing a daily joy for the little ones.

And how Colgate's cleans! It cleans with a *washing* action . . . its sparkling, bubbling foam sweeps over teeth and gums, surging down into tiny pits and fissures where food collects and where ordinary toothpaste cannot reach. It purifies and refreshes the entire mouth . . . polishes the teeth brilliantly, *safely*.

Important! Colgate's contains no drugs or medicaments which may derange the bowels or upset the digestion. This is a factor of prime importance with young children, as many mothers can testify.

More dentists recommend Colgate's than any other toothpaste . . . be guided by their advice, which is based on twenty-six years of experience with this wonderful dentifrice.

FREE: ***to Mothers—This makes Toothbrushing a Game!***

"The Way to Happytown" is a delightful little child's book about the adventures of Bob and Betty on the Way to Happytown. In it is a toothbrushing chart which appeals to the child's play instinct . . . and offers a *reward* for brushing teeth regularly. It is approved by educators and helps you to teach your children the clean teeth habit. Mail the coupon and get this book—free—with a free trial tube of Colgate's.

Colgate, Dept. M-902, P. O. Box 375, Grand Central Post Office, New York City.
Please send me "The Way to Happytown" and free trial supply of Ribbon Dental Cream for.....children.

Name..... Address.....

City..... State.....

The above is a CERTIFIED ADVERTISEMENT. See page 58 for Advertising Standards.

FEEDING *the* FAMILY

Adaptable Menus

By NELL B. NICHOLS
Nutritionist and Food Research Specialist

NO puzzle is more widely distributed in the mother's world than that of planning and cooking meals that will be suitable for everyone in a family of varying ages. The head of the house and the older children frequently tire of a kindergarten diet. Certainly it is never wise to feed boys and girls of pre-school age the repasts prepared for grown-ups with no thought of young digestive systems. Yet no mother in this age, when housekeeping assistants are scarce, can afford to spend time and energy preparing several sets of meals at a time.

The solution offered by the nutrition authorities and the home management specialists of the country is that of planning adaptable meals. There is almost no end to the menus that, with a few changes, will suit both adults and children. Here are two examples offered by the New York State College of Home Economics.

Dinner for the adults consists of baked fish with tomato sauce, cole slaw, creamed carrots and peas, baked potatoes, whole wheat bread and butter, apple pie and coffee. The child's repast is: tomato juice appetizer, baked fish, creamed carrots, baked potato, a sandwich of whole wheat bread, butter and chopped cabbage, baked apple sauce and milk to drink. The tomato, valuable for its vitamin C content, which aids greatly in preventing and checking dental decay, is used as an appetizer instead of as a highly seasoned sauce. Cabbage is served in the sandwich, because when it is eaten with bread it is more easily digested. Moreover, the vegetable in the sandwich does not require as much seasoning as the cole slaw. Use salt-water fish, since this variety has more iodine and iron than the fresh-water fish.

The second dinner menu for adults, shown at the New York nursery school, was: lamb stew with carrots, onions and potatoes; boiled rice; hot biscuit; pineapple, cheese and lettuce salad; cocoanut custard pie and coffee. The child's meal was the same except for minor changes. He was given whole wheat bread instead of biscuits, which at best are not easily digested, and baked custard rather than pie. The custard is made from the pie filling. Instead of the salad he has chopped lettuce in a sandwich and the pineapple is eaten with the dessert. Milk, of course, is the drink offered.

In households where a rich or highly seasoned stew is liked, a portion of the stock may be poured off before the seasonings and thickening are added. This broth is cooled. Then the surplus fat is skimmed off. Vegetables and some of the meat from the stew proper are added. This is the child's stew.

ONE fine feature of vegetables is that they may be cooked and served alike for folks of all ages. The garden's offerings, boiled only until tender, and not a minute longer according to numerous university studies, are best served with melted butter or a mild cream sauce. One tablespoon of butter or from one-half to three-fourths cupful of the sauce is the amount used with one cupful of the cooked vegetable.

To make smooth and delicious cream sauce, stir the flour into the melted butter, preferably with a fork. Add cold milk and stir until mixture boils.

Recommended Recipes

Apple and Raisin Pudding

(*Prize Recipe*)

6 or 8 apples
½ box of raisins
2 cups water
1 tablespoon cornstarch
1 tablespoon butter
1 tablespoon honey

Wash apples, core and cut into eighths. Arrange in baking dish, filling in open spaces with raisins. Cover with liquid made by boiling the water, cornstarch, butter and honey together for a few minutes. Place in oven and bake until apples are tender. Then cover with marshmallows and put back into the oven to brown slightly. Individual servings may be dressed up by adding walnuts or pecan nuts or maraschino cherries.

The marshmallows may be omitted and the apples chilled and served with fresh cream or vanilla ice cream.—*Mrs. Agnes Tobias, Philadelphia, Pa.*

Raisin Tapioca Cream

1 quart scalded milk
⅓ cup minute tapioca
½ cup sugar
¼ teaspoon salt
1 egg
½ cup raisins
1 teaspoon lemon juice

Cook 1 quart of scalded milk with tapioca, sugar and salt for 15 or 20 minutes. Then pour small amount of mixture over slightly beaten yolk of the egg, stirring vigorously, then cook until mixture thickens like custard. Add ½ cup of raisins, cook a few minutes; add flavoring and pour over stiffly beaten white of egg, stirring constantly. Chill. Serve plain or with whipped cream.—*Mrs. W. J., Seward, Neb.*

(*Turn to page* 36)

Whole-Family Menus

Delicious for Adults, Nutritious for Children

By RUTH WASHBURN JORDAN
Dietitian with Testing Kitchen

Braised Chuck of Beef
with Onions and Carrots
Spaghetti with Tomato Sauce
Lettuce Salad
Cherry Gelatin with Cream

—

Potted Shoulder of Lamb
Best-Ever Potatoes
Buttered Fresh Peas
Vanilla Ice Cream with
Fresh Strawberry Sauce

—

Lamb Soufflé
Baked Potatoes
Buttered Asparagus
Tomato Salad
Maple Tapioca with Cream

—

Minute Steaks
Creamed Potatoes
Swiss Chard
Buttered Carrots
Raspberry Sherbet
Cookies

—

Broiled Ham (grown-ups)
Poached Eggs on Toast (children)
Fresh String Beans
Russian Potatoes
Lemon Meringue Pie (grown-ups)
Lemon Junket (children)

—

Vegetable Plate
Boiled Wild Rice with Cream Sauce and a little Cheese
Fresh Beet Greens
Buttered Chopped Beets
Corn on Cob
Pineapple Salad
Sponge Cake with Whipped Cream

—

Tomato Bouillon
Broiled Halibut Steak
Butter Parsley Potatoes
Buttered Asparagus
Fresh Fruit Cup

—

Fricassee of Fowl
Boiled Wild Rice
Buttered Carrots
Fresh String Beans
Tomato Salad
Grape Sherbet Little Cakes

(*Turn to page* 36)

Out of the MOUTHS *of* BABES

One dollar will be paid for each child's saying published in this department

BETTY, aged five, had a strong dislike for spinach and carrots. Her mother told her that bright colored food gave bright colored cheeks. Betty nodded. "Please pass the strawberry jam," she said. "I want rosy cheeks."—*M. B., Iowa City, Ia.*

THE teacher of the primary class in Sunday school was describing Solomon's Temple. She told of the altar, the seats, and the beautiful pieces of silver. She told that they had lights, and thinking to point out the difference between the lamps of olden days and our electric lights she asked: "Jerry, what kind of lights do you think they had in this beautiful temple?"

"Israelites," answered Jerry quickly. —*Mrs. H. R., Oklahoma City, Okla.*

ARTHUR was now three years old. Still he did not make any distinction between breakfast, dinner and supper. To him any meal was supper. So Daddy deemed it high time to point out the difference to his young son. Then to test the results of his careful explanation, he asked, "Now, what meal do we have in the morning right after we get up?"

"Oatmeal, Daddy," was the answer. —*F. A. T., Fremont, Nebraska.*

ANNIE MAE having seen her first rainbow was much interested in her grandmother's story of Noah and the flood. She asked, "Did you know Noah when you were a little girl, Granny?"—*A. L. L., Morganton, N. C.*

LITTLE BILLY who had misbehaved and been paddled by his father sidled up to him a little later with a toy horse in his hand. "Daddy," he said, "this is a real bad horse. What do you think he says about you?"

"What?" asked the guileless parent.

"Why," Billy replied, "he says that you are a mean old skunk."—*L. C., Newark, N. J.*

A VISITOR asked four-year-old Ernest the question: "Can your baby sister talk?" Very quickly came the reply: "She doesn't need to. She only has to yell and she gets what she wants."—*Mrs. C. R. Heisey, Union, O.*

PEGGY, three years old, said to a stout lady clerk in a clothing store, who was busy fitting dresses on her mother, "Aren't you a little large for your age?"—*B. D., Brookville, Ind.*

BOBBY was saying his prayers one evening while his mother stood by. He had finished his "Now I lay me down to sleep" and had asked blessings upon all of his family separately when his mother suggested that he might ask the Lord to make him a better boy. Bobby thought this over for a moment and then said, "But, Mother, that isn't God's job, is it? It's yours."—*M. Z., Kansas City, Mo.*

Bringing the Baby Safely Through the Summer Months

THE baby's digestion is easily upset, especially during the hot summer. Consequently, its food must not only be pure, nutritious and digestible, but must not irritate the stomach and bowels.

Pure milk, either fresh or evaporated, suitably modified, is a safe food. Use the method of modification found successful in leading hospitals and in the practice of physicians throughout the country.

This safe, simple and economical method consists of the addition of Karo Syrup to milk. Karo, as every mother knows, is a pure, energy-producing carbohydrate food derived from corn. It is completely digestible, even by the frailest infant. Karo is the safe hot weather addition to milk formulas—excellent for growing children, too.

Free to Mothers!

"The Food of the Infant and the Growing Child" is a practical, helpful booklet written by one of America's leading baby specialists. Mail the coupon below for your copy.

CORN PRODUCTS REFINING CO.
Dept. P-7, 17 Battery Place, N. Y. City

Please send me my copy of "The Food of the Infant and the Growing Child."

*Name*_____

*Address*_____

*Town*_____ *State*_____

The above is a CERTIFIED ADVERTISEMENT. See page 58 for Advertising Standards.

BECAUSE Dixies are so appealing, they make friends quickly with children. And so they may help you in many ways to guard a child's health against the dangers of the common drinking glass in the bathroom, the kitchen, and at meals.

Dixies are lovely. Just seeing these dainty Dixies—more graceful for the charming Adam decoration—will make you think of a fine piece of china, and you may find it hard to believe that they are, after all, *not* china but an amazing development in the making and shaping of fine paper. Dixies owe their delicate charm, and their sturdiness as well, to the ingeniously glazed surface.

Dixies were specially made for use in the home, to avoid the trouble of washing glasses and to save the expense of broken tumblers and goblets. They are packed in convenient 10¢ and 25¢ cartons. Stationery, grocery, drug, department and 10¢-stores have them in stock, or can easily procure them for you. Very handy in the automobile, on outings and picnics.

INDIVIDUAL
DRINKING CUP CO., Inc.
Original Makers of the Paper Cup
EASTON, PA.

You and the children will enjoy the Dixies Circus over WJZ and Associated Stations every Saturday evening, at 7 o'clock, Eastern Standard Time.

Whole-Family Menus

(*Continued from page 34*)

Beef Loaf
Baked Potatoes
Creamed Onions
Grated Raw Carrot Salad
Plain Boiled Rice with
Crushed Fresh Berries

—

Veal Cutlet en Casserole
(grown-ups)
Lamb Chops (children)
Mashed Potatoes
Beets Piquant
Cucumbers (grown-ups)
Plain Salad (children)
Pineapple Ice Cookies

Vegetable Plate
Creamed Cauliflower
Scalloped Potatoes
Buttered Peas and Carrots
Swiss Chard
Asparagus Salad
Caramel Custards

—

Lamb Stew with Carrots
and Potatoes
Fresh String Beans
Cabbage Salad
Strawberry Short Cake
(Sponge Cake with
Whipped Cream)

Filet of Haddock en
Casserole
Hashed Brown Potatoes
(grown-ups)
Baked Potatoes (children)
Grilled Tomatoes
Green Apple Pie
Apple Sauce (children)

—

Broiled Steak
Macaroni with Tomato
Sauce
Buttered Cabbage
Beet Salad
Pineapple Ice Cream

Recommended Recipes

(*Continued from page 34*)

Raisin-filled Cookies

1 cup sugar ½ cup milk
3 tablespoons shortening 1 egg
Flour 1 teaspoon salt
3 teaspoons baking powder
1 teaspoon vanilla

Cream sugar and shortening, add well-beaten egg, sift 1 cup flour, salt and baking powder and add to sugar and egg, beating thoroughly. Add enough more flour to make dough stiff enough to roll. Roll thin, cut in rounds and put cookies in buttered pans. Place a little of the filling in center of each cooky, not allowing it to spread to the edges. Place another cooky on top and press edges gently down. Bake as usual.

FILLING—1 cup chopped raisins, ⅓ cup sugar, 1 teaspoon flour, ½ cup water. Cook until thick, stirring constantly as it burns easily.—*H. P. S., Randolph, Mass.*

Spinach Soufflé à la Française

Put 1½ cups cooked spinach through a purée sieve, add 2 egg yolks and then fold in the stiffly beaten whites. Salt to taste. Place in buttered baking dish and bake in slow oven (300°) till set. Serve with a cheese sauce by adding ½ cup of finely cut cheese to 1 cup of thin white sauce.

This recipe was given me directly by a French chef at Nice and convinced me that spinach could be delicious as well as good for one.—*Mrs. M. C. S., Bexley, O.*

Braised Chuck of Beef

4 or 5 lbs. chuck
2 tablespoons flour
4 tablespoons fat
1 cup onion cut fine
2 cups carrot cubed
1 teaspoon chopped parsley
3 teaspoons salt
4 cups hot water

Wipe meat with damp cloth and rub surface with flour. Sear on all sides in hot fat until well browned. Add onions. Cover and turn heat very low until onions are tender and yellow. Then add salt and the water, a little at a time. The carrots may be added at the end of 3 hours, as the meat should cook very slowly from 3½ to 4 hours.

Best-Ever Potatoes

Take from 8 to 10 new potatoes of medium size. Scrape skins off carefully. Put 2 tablespoons of butter in deep skillet; when melted and hot, add potatoes. Cover tightly. Shake gently until coated with butter, then turn heat very low and cook gently about 1 hour, shaking a little every now and then to keep potatoes from sticking. Towards the end they may have a light sprinkle of salt. This recipe was given to me years ago by a famous cook and is very much liked.

Russian Potatoes

Take 6 or 8 new potatoes, pare and cut in finger strips. Put in saucepan with 1 teaspoon of finely minced onion, pepper and salt, and just enough cold water to cook potatoes gently until tender. They must retain their shape. There should be very little water left. Add 2 to 4 tablespoons of sour cream, 1 teaspoon of butter. Cover and shake gently. Allow to stand a few minutes, then serve very hot. These are delicious with ham or steak. This recipe was given to me by a Russian friend.

Veal Cutlet en Casserole

Divide cutlet in pieces for serving. Season well with pepper and salt, a grating of lemon peel and a little nutmeg. Roll in crumbs, then dip in beaten egg, then in crumbs again. Fry in good bacon fat until nicely browned on both sides. Put in greased casserole. Pour a little gravy over and bake gently in oven for one-half hour. This is a very good company dish, as it may be prepared in the morning and put in oven ½ to ¾ of an hour before dinner. For adults and the teen-age boy or girl.

Buttered Cabbage

Take new cabbage and freshen in cold water. Cut out thick parts and pull apart leaf by leaf. Cook in plenty of boiling salted water (uncovered and there will be little or no odor) until toughest parts can be easily pierced with a fork. It shouldn't take over 20 minutes. Drain well and slash with a knife. Add butter and serve with a dash of paprika. A delicate and attractive dish.

SEND IN YOUR FAVORITE RECIPES

We will pay $1 on publication for each recipe accepted for this department. This month we are especially interested in recipes calling for tapioca.

These should reach us by July 15, 1930. No recipes will be returned. Address Food Editor, THE PARENTS' MAGAZINE, 255 Fourth Avenue, New York, N. Y.

HOME MOVIES

By Louis M. Bailey
Amateur Cinema League, Inc.

More About Exposure

WITH summer in full swing, the ranks of amateur movie makers are being augmented with thousands of new converts to this fascinating hobby, and getting the proper exposure for their films is the problem on which there is the greatest need for advice and help. Fortunately there are many aids to mastering the factor—many exposure charts and exposure meters of different types, all of which are extremely helpful. However, the following system, worked out from practical experience by H. Syril Dusenbery of San Francisco, California, has the merit of making it easy for the amateur to carry a concise exposure table in his head where it will be instantly available when necessity arises. With this table in mind, having left the exposure chart or exposure meter at home will no longer be a minor tragedy to mar a day's filming.

While, of course, so many factors enter into a determination of correct exposure that it is almost impossible to devise an accurate method to fit all cases, this plan gives a close working approximation which should assure good pictures. In this system the light conditions and subjects are each divided into four general groups. Memorize these four groups and you will have the whole at your finger tips.

The Light Groups

(1) Very Dull—Overcast sky with heavy black clouds.

(2) Dull—Generally cloudy—no direct sunlight.

(3) Bright—Sun shining through thin clouds or haze.

(4) Brilliant—Bright sun in clear sky—no haze.

The Subject Groups

(1) Heavy Shade—Subjects under trees, on porches, etc.

(2) Streets, buildings, etc., partly in shade.

(3) Open Landscapes, white buildings, sports, open places with little or no shade.

(4) Sea, sky, snow, beach and large subjects reflecting white light.

To estimate exposure you simply *multiply the proper subject number by the proper light number.* The resulting number will give you the approximate lens setting in the *f* system and you set to the nearest number on the diaphragm ring. For example, if you wish to take a street scene in brilliant light, you find the "street scene" number is 2 and the "brilliant" number is 4. Multiplying them, you get 8, so you set the diaphragm at *f*: 8, the nearest lens setting.

And that is all there is to it!

protect their active feet with

FLEXIBLE SHOES

child specialists advise

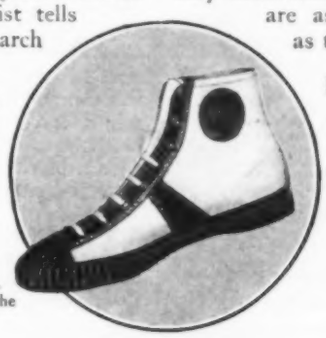
"NATURE expected young feet to run free—to exercise and grow strong. Foot ills among children are in reality *shoe* ills. Growing feet should not be restrained in stiff, non-porous cases"—says a noted foot specialist.

"But going barefoot nowadays—with its attendant risk of cuts, bruises, possible infections—is, of course, unsafe. However, children can have all the comfort, fun and foot-freedom they need in *flexible canvas shoes*"— the same specialist tells us, "provided the sole and arch are protected."

Hood Canvas Shoes are carefully designed to meet *every* requirement of young feet. Extra tough soles guard against cuts, heel bruises and pavement shocks. A narrow shank gives firm arch support.

The Hygeen insole—an exclusive feature developed in the Hood laboratories—does not absorb perspiration and minimizes the opportunity for unpleasant odor.

Then, of course, their flexible canvas uppers give young feet all the ease and freedom they need! And remember—Hood Shoes are as trim and good-looking as they are practical.

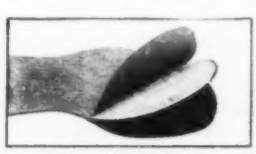


THE SIAK An ideal outdoor sports shoe for girls. Made with white, brown, or neutral colored duck uppers and contrasting trimmings. Smokrepe sole and ribbed toe reinforcement. Has the Hood Hygeen insole.

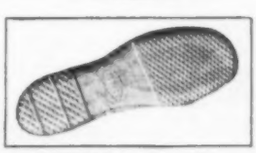
HOOD RUBBER CO., Inc.
Watertown, Massachusetts

Send for the Hood booklet on the care of your children's feet. Written by a well-known orthopedic surgeon.

Look for the Hood Arrow
HOOD



HYGEEN INSOLE—An insole which does not absorb perspiration, but allows it to evaporate gradually—thus minimizing the opportunity for unpleasant odors. This is an exclusive feature developed in the Hood laboratories.



"INSTRUCTOR" LAST—A narrow shank last that hugs the arch of the foot firmly and pulls the canvas uppers under it for proper arch and ankle support. At the same time it allows ample toe room and complete foot freedom.

PNEUMATIC HEEL—An air-cushioned heel designed to absorb the shocks and jars on city pavements and other hard surfaces. This is a feature patented by Hood, and is found in many of the better grade Hood Canvas Shoes.

Let Them Have More Fun in Hoods

HOOD MAKES CANVAS SHOES · RUBBER FOOTWEAR · TIRES
RUBBER SOLES AND HEELS · RUBBER FLOOR TILING

The above is a CERTIFIED ADVERTISEMENT. See page 58 for Advertising Standards.

Easier
for Mother—
more wholesome for
baby

ACCEPTED AMERICAN MEDICAL ASSN

READY-TO-SERVE—with a pinch of salt or such other seasoning as may be prescribed by baby's doctor—the Gerber Strained Vegetable Products are saving hours and effort for thousands of mothers all over the world. Scientifically prepared, and especially strained through monel metal screens, they reduce to minutes the kitchen-time devoted to baby's daily vegetable feedings.

The Approved Gerber Method

A Even more important to mother than the greater convenience of Gerber Products is the increased nourishment they bring to baby to supplement milk feedings. Vitamin A, Vitamin B, Vitamin C, and rich mineral salt values—lost at home through oxidation and solution in cooking water—are conserved to the maximum by the Gerber method.

B After cleaning, the choicest, fresh-picked vegetables are steam-pressure cooked in vessels from which oxygen is excluded. Steam-sterilization for 60′ at 250° insures maximum safety.

You need never accept a substitute for the Gerber Products. Leading grocers in every neighborhood sell and recommend these scientifically prepared, strained vegetables. The Gerber blue-and-white label is your protection when buying. And the Vitamin A, Vitamin B, and Vitamin C Blocks further identify these finer, health-building vegetable foods for baby.

SEND FOR ASSORTMENT

VITAMIN C If you have not already used the Gerber Products, ask your doctor about them today. If your own grocer is unable to supply you—send us his name and $1.00 for the complete introductory assortment offered below—or order such individual products as you wish. Postage prepaid.

In Canada. Complete Assortment only, $1.10—Canadian Currency or Money Order.

Free Samples on request to Physicians or Hospitals

Gerber's
STRAINED VEGETABLES

Vegetable Soup · Spinach · Carrots · Prunes · Peas · Tomato · Green Beans

SEND THE COUPON TODAY — A WEEK'S SUPPLY

Gerber Products Division. *Fremont Canning Co.*, Fremont, Mich., Dept. C-11—Enclosed find money or stamps for assortment or for Gerber Products checked.

$1.00 Complete Assortment.

15c Strained Vegetable Soup · 15c Strained Spinach · 15c Strained Carrots · 15c Strained Prunes · 15c Strained Peas · 15c Strained Tomato · 15c Strained Green Beans

Name .....

Address .....

My grocer is .....

Furnishing the Whole-Family House

(Continued from page 27)

tile pattern may be used. Fiber rugs with neutral colored centers and large, brightly colored flowers in the corners, or with a border of three shades of one of the colors used in the upholstery harmonize with the furniture and add distinction to this room, differentiating it by the profuse use of color from the more formal rooms of the house.

For the porch, the chaise longue mentioned above may be placed against the house wall to protect it from the weather, and a little tile-topped smoking stand set beside it for convenience. The other furniture on the veranda should be of the type that will not need to be moved indoors every time there is a summer shower. And there should be some portable chairs and little tables which can be taken onto the lawn for temporary groupings. A glider with a painted metal frame and gay cretonne or waterproof upholstery may be used at one end of the veranda. Green or coral are smart colors for the frame and the upholstery will, of course, pick up these colors in its large and gay pattern. Folding chairs, with painted wooden frames, and backs and seats of gaily colored, stretched canvas are inexpensive and, though not waterproof, are not easily damaged. These chairs are modern versions of the old camp chair, having arm rests and a comfortable back support of stretched canvas.

A variety of these chairs would make a veranda very gay at little expense. Every color in the upholstery of the glider couch might be carried out in individual chairs. For example, the glider has a black frame and an upholstery of green with orange and black prominent in the design. One chair might have an orange frame with black stretched canvas back and seat, stenciled in orange. A chair with a green frame might have a green and orange and black striped canvas on it, and a chair with a black frame might have a green canvas patterned in orange design.

WROUGHT-IRON tables with glass tops add to the attractiveness of these informal groups and may be used as coffee tables, refreshment tables or to provide smoking accessories conveniently. Those which have holders for potted plants below are new and the transparent top shows the plant beneath it. Little metal tables, painted to match glider frame or camp chairs, may be used as end tables, or coffee tables, and wrought-iron tables with tiled tops of bright colored fruits or flowers are weatherproof and colorful. On the veranda or terrace, fiber rugs which are colorful and harmonious with the chosen color scheme may be used. While these are not entirely waterproof, they are guaranteed to be water *resistant*, and unless one leaves them out for hours in the rain, they will be found practical.

Metal chairs with comfortable features are also available in bright color combinations. Plain painted frames and patterned waterproof upholstery are used for this type of lounge chair which has its place on veranda or lawn. Another type of metal chair, often used in gardens and where it may be left out of doors, has a medallion back and seat which gives with the pressure of the body, as spring upholstery does. Still other chairs have seats and backs of interwoven metal, in red or green, and a frame of black. These are new this season, not very expensive, and very smart. Metal tables with holes in the center for a gay awning umbrella may be had to match metal chairs, and chairs and table may be kept on the lawn all summer. This is a tempting place for the children to rest from their play, and lunch may be served to them here.

A goodly supply of pillows of convenient size should be scattered about on the various pieces of furniture mentioned, and it will be found to be practical to have them all made of the lightest weight waterproof fabric available.

IN setting a table out of doors for meals, it is most practical to use bridge tables as they are light and easily moved from place to place. For these, the cloth which is the exact size of the table will be found to be more practical than one with an overhang. Glazed chintz covers of gay plaid, with a pleated edge of plain color are smart, and may be sponged off with a damp cloth. Oilcloth table covers in patterns and colors will appeal to housekeepers as practical, while the imitation damasks come in pastel colors and are slightly more formal in feeling. With any of these cloths gay paper napkins in matching plain colors, with fluted white borders to represent hems, may be used.

Or you may set your entire table in paper, with place mats in color with borders of a deeper shade (they really look like linen crash and are heavy enough to be used several times), paper plates and cups which have been treated to withstand heat or cold, in a harmonious pastel shade, and napkins the color of the center of the place mats. You may well be proud to seat a guest at such a charming garden table and the only things which will have to be "washed up" afterward will be the stainless steel flatware, with colored handles matching, perhaps, the borders of the place mats. These are in keeping with the informality of this type of service and are being used by discerning hostesses for such occasions. Other paper cloths and matching doilies will be found in many delightful patterns and colors, from polka dots to flower prints.

In order that she may be calm, comfortable and smiling for her family, no matter how high the thermometer soars, the far-sighted housekeeper assures herself that her kitchen is equipped with the most modern of the devices designed to aid her in the

solution of her problem of securing sufficient leisure and comfort. Of prime importance, of course, are the facilities for cooking. A new gas stove is not only compact and efficient, but is a thing of beauty as well, for its pipes are all concealed, the burners are covered when not in use and the finish and fittings are of modern colorful materials. Electric table grills will be found to be very satisfactory for use on the outdoor table (a connection should be possible on the veranda, if not on the lawn, by using an especially long cord from a living room outlet, if there is none on the porch). This grill will keep food hot for a second helping, or light suppers may be prepared on it at the table. Baking cup cakes as an especial treat will not be too much effort even on a hot day if you know that you do not have baking pans to wash afterward. Paper cups for this purpose may be purchased by the carton of two hundred and are very inexpensive.

Do you still make coffee the old-fashioned way? Drip coffee has so much more flavor that housewives are coming to use, more and more, the crockery tricolators like those seen in provincial French kitchens. A truly modern invention which is built on the drip-system is electric and the coffee touches no metal as the containers are of glass.

Frozen puddings, desserts and salads simplify the housewife's summer days because they may be prepared in the morning when it is cool, and they never fail to receive a welcome when they are served on a hot evening. These dishes have an additional appetizing appeal if they are prepared in the interesting shapes of fish, animals, flowers made possible by little tin molds. The child whose food never appeals to him may be tempted with different kinds of molds.

THE care of food in hot weather is the especial concern of every mother. Left-overs must be put away carefully, avoiding the use of any metal container. Refrigerator dishes of colored glass not only solve the problem of space in the ice-box, as they are made to fit over each other in sets of three, but are of colored glass which may be taken to the table. A cool, green glass dish of this sort adds to the appearance of the informal table. Silver dishes (plated) for this purpose are also available and very attractive.

There are two electrical appliances which will assist the housewife immeasurably and make her work much pleasanter in summer. One of these is the electric fan which throws the air ceilingward instead of directly on one, and which makes the kitchen endurable during the hours necessarily spent there. The other is the labor-saving device which beats, mixes, grinds, chops, slices, squeezes and, in fact, prepares a meal for you! There is another machine of similar type which is a little less elaborate, and hence less expensive, but which is also a boon to the woman who must spend part of her time in the kitchen during the hot weather.

"WOULD YOU try a thing once if you heard it was good?

"Would you try it twice if you found you liked it? Would you try it a week if you got results? And a month if you became convinced it was the grandest formula that had ever come your way?

FREE!

"What is it that every woman yearns for, hoards, and regrets most bitterly when it passes? Beyond all question it is loveliness. *Yet loveliness is within every woman's power . . .*"

The curiosity-arousing sentences above are from the opening paragraphs of one of the most interesting booklets published for women in many a day, "The Thirty Day Loveliness Test."

Most women know, or should, the principal things that contribute to feminine loveliness: like cleanliness of body, a clean and clear complexion, nice hands, nice hair, nice arms, immaculacy as to dress, accessories that are neat and trim. But where oh where to begin! . . . to find a definite program . . . a plan you *know* will bring you each day nearer to true personality, to poise and lovely charm!

If this has been your plea and problem, if you are interested in splendid information and in simple instructions that anyone can carry out, then we earnestly urge that you send for this most unusual booklet that is being offered *free*, "The Thirty Day Loveliness Test." But do not delay. Mail the coupon at once.

CLEANLINESS INSTITUTE

Established to promote public welfare by teaching the value of cleanliness

45 EAST 17TH STREET, NEW YORK, N. Y.

Important: Perhaps you also would be interested in "The Book about Baths", or "A Cleaner House by 12 O'Clock". These, too, are free . . . a part of the wide service of Cleanliness Institute.

CLEANLINESS INSTITUTE, 45 East 17th Street, New York, N. Y. P.M.-1

Please send me free of all cost, "The Thirty Day Loveliness Test".

Name.....

Address.....

The above is a CERTIFIED ADVERTISEMENT. See page 58 for Advertising Standards.

Doubting Tommy

MOTHER said, "This is going to taste just like vanilla ice cream. You'll like that, won't you, Tommy?" But Tommy was doubtful. Milk to him had a nasty cow taste, nothing like vanilla ice cream. Mother poured a few drops of Burnett's Vanilla into his milk, added a pinch of sugar and let him taste it. Wonder of wonders, it *did* taste like ice cream. Tommy calls this his VANILLAMILK and never has to be teased or bribed to drink milk any more.

We have an amusing story for you of how they discovered VANILLA-MILK. It is called "Why the Cows Cried," and you may have it by sending 10c to

JOSEPH BURNETT CO.
Dept. P-8 437 D Street
Boston, Mass.

Cool Drinks for Children

(Continued from page 25)

not make it an asset? When the child has a poor appetite and is under-nourished, food beverages may solve part of the problem. The natural fruit juices have acids, vitamins and mineral substances which the body needs. These aid in stimulating lagging appetites. On the other hand, egg and milk drinks slightly flavored and seasoned may be taken when omelets and custards are refused.

Increasing importance is being placed these days on vitamin C. Research at the University of Chicago is showing that this vitamin is efficient in checking dental decay and other difficulties of the teeth and gums. When one pint of orange juice, which is rich in vitamin C, is given daily to an individual, remarkable benefits are secured.

Milk, evaporated milk, malted milk and malt cocoa food drinks may be utilized to advantage in creating wholesome beverages for children. They may be kept on hand at all times in the refrigerator. Ordinarily these beverages are best given to the child with his meals. There are exceptional cases, for instance of the child who is underweight or the pre-school child who has a mid-morning and a mid-afternoon lunch. On hot days fruit drinks may be offered between meals to all children.

HOW cold shall these beverages be when served to boys and girls? Most of the nutrition authorities believe that if the ingredients have been stored in the refrigerator a few hours, the beverage will be cold enough without adding ice. On the other hand, a cube of ice in the glass may act as magic and its tinkle lead on to appetite.

Happily, very young children do not crave extreme cold or very hot temperatures in the food they consume. Later in life the children appear to want colder foods. This may be because parents, who relish cold foods on sultry days, think their children have the same taste. After iced beverages have been given to a child several times, he naturally learns to enjoy the coldness. Eventually he will demand it. But why build up an unnatural desire for over-chilled drinks?

In order to compete with the products of the commercial soda fountain the beverages made at home must not only appeal because of flavor and food value, but must appeal in appearance as well. Color combinations may contribute much, as may clever garnishing. Then there is the matter of adequate mixing. Some foods, such as malted milk, eggs and the food concentrates to be added to milk are best when thoroughly mixed.

A shaker to aid in preparing milk drinks and many of the fruit beverages is a joy in the kitchen, or a glass fruit jar with a rubber and a tightly fitting lid may be used.

Sugar syrup is employed in making most beverages. This is prepared by stirring 1½ cups of sugar and 4 cups of water together and boiling the mixture for five minutes. Using the syrup instead of the sugar is an economy, for every grain of the sugar is dissolved, it gives body to the drink and may be kept in the refrigerator for quick use. Berry syrup is made by mixing 1½ cups berry juice, 1 cup water and 1 cup sugar and boiling for five minutes.

There is almost no end to the delicious summer beverages which may be given under the rooftree to everyone except the infants. Here are just a few of the ones I have used successfully in my family.

Orange Milk Shake

½ c. orange juice — 1 c. crushed ice
½ c. sugar syrup — 2 c. whole milk

Shake together the orange juice, syrup and ice. When well mixed, add the chilled milk and shake just an instant. Serve immediately.

Fruit Treat

1¼ cups orange juice — 1 cup evaporated milk
¾ cup grapefruit juice — ½ tsp. salt
2 tbls. sugar

Add the fruit juices to the milk. Then add salt and sugar. Shake and serve with cracked ice.

Fruit Malted Milk

1 tbls. malted milk — 1 egg
1 tbls. crushed fruit — ¾ cup cold water
1 tablespoon crushed ice

Mix the malted milk and crushed fruit. Add the beaten egg and beat the mixture thoroughly. Add the ice and water and shake. This, too, is a fine food beverage for the under-nourished child or adult.

Cocomalt Oriental

8 ounces ginger ale
3 heaping teaspoons cocomalt
1 scant scoop vanilla ice cream

Pour ginger ale into shaker, add cocomalt and ice cream. Shake vigorously. Pour into a tall glass and serve.

Lactose Lemonade

8 tbls. milk sugar, or lactose — 14 tbls. cold water
2 tbls. lemon juice

Boil the milk sugar, and the water two minutes. Add the lemon juice, strain and cool. If not sweet enough, a little cane sugar may be added. This beverage is for the under-weight child or adult. It contains approximately 465 calories.

Egg Lemonade

1 egg — 2 tbls. lemon juice
2 tbls. sugar — 1 cup cold water

Beat the egg well and add the sugar and lemon juice. Pour gradually into the water. Stir until smooth. Strain and serve.

Fruit Shake

1 egg — 2 tbls. sugar syrup
4 tbls. ice — 1 cup fruit juice

Grape juice or the juice of pineapples, oranges or berries may be used. Put all the ingredients in the shaker and shake well. Strain and serve. Garnish with pieces of the fruit used.

Pink Foam

3 cups rich milk ½ cup crushed ice
¾ cup strawberry or red raspberry syrup

Shake the chilled ingredients together with ice. Serve with a garnish of whipped cream, made pink with a little of the berry syrup.

Orange Malt

1 cup milk ¼ c. orange juice
4 tbls. malted milk ¼ c. sugar
2 tbls. crushed ice

Cook the orange juice and sugar to make a syrup. Usually I prepare a cupful of syrup at a time. Place syrup and other ingredients in a shaker and shake thoroughly.

Chocolate Syrup

2 c. boiling water ⅛ teaspoon salt
2 cups sugar 1 teaspoon vanilla
4 squares of unsweetened chocolate

Melt the unsweetened chocolate over hot water. Stir in the hot water. When smooth, add the sugar and salt and boil 5 minutes. When cool, add the vanilla and pour into a bottle. Keep in the refrigerator. This syrup added to chilled milk is one almost everyone likes. Ice cream added to the milk and chocolate syrup makes a pleasing dessert. Using a shaker to mix the syrup with the milk gives better results than stirring.

Carry On

IT was Sunday afternoon. The children had ice-cream and cake while the grown-ups opened a box of rich French chocolates. Of course the children wanted some, but their elders felt they had had enough sweets. This decision was accepted by all the children except a dusky-haired, starry-eyed four-year-old. When she found that it was thumbs down on the candy she began to scream for some. The scream was so prolonged that her father ran to her and carried her upstairs.

I heard him say, "I'll have to spank you if you don't stop that noise." The child screamed on. Then her mother ran upstairs. More screams, and her grandmother ran upstairs.

Stern voices floated down to us below. "Stop that noise at once, Jean. I'm ashamed of you." "I never saw you such a naughty girl before." "I'm going to spank you if you don't keep still immediately."

The screaming continued. Then . . . "I'm afraid she'll be sick if she keeps this up" . . . "You'll have to give her just one piece, Richard." Suddenly the cries ceased!

That child knows that if she holds out long enough she will get her own way every time. She would not be a difficult child if she were differently handled. She simply wants things very hard, and she discovered long ago that if she uses certain tactics she will get them.

If you resolve to forbid a child something you should stick to your decision. It is not always easy but it is infinitely better for you and your son or daughter if you do so. Then they know that when you say a thing you mean it.—*Gladys Huntington Bevans.*

Do the sultry days bring your children life or lethargy? It is largely a question of food selection.

For the young folks who eat heavy foods, summer days are "pepless" days—when tantrums are frequent, and small bodies are easily tired.

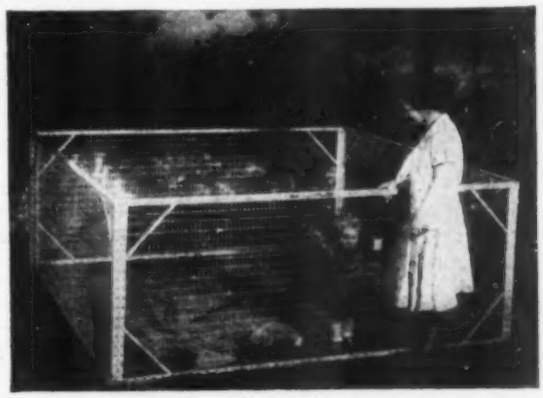
Shredded Wheat is the ideal summer food for children. It is the whole wheat in an easily digestible form. A breakfast or lunch of Shredded Wheat and milk is cooling and refreshing. Delicious with berries or other fresh fruits.

SHREDDED WHEAT

Have you filled in coupon on page 58 for "Helpful Booklets and Some Samples for the Asking"?

Mothers

Here is a solution to one of your most perplexing problems—a portable playground for baby—it will keep him safe and sound in sun or shade.



NEW KIDDIE KORRAL

This portable enclosure, 3 feet 2 inches high and 8 feet square, answers the active need of mothers who realize that small children must have the benefit of fresh air and the healthgiving ultra violet rays of the sun. The Korral can be easily moved to any part of the yard. Mother can place baby inside its strong, stable enclosure and then go on with her work knowing that he cannot climb out, or stray into dangerous traffic. An occasional glance out of the window to see if "all is well" is the only attention that baby needs while he is so carefully "minded" by this steel protector, the Kiddie Korral.

It is made of steel angles and electrically welded non-climbable wire fabric in aluminum finish. The four finished panels can be set up or dismantled in a few moments. One panel swings as a gate. Complete Kiddie Korral $20.00. Satisfaction or money refunded on return—sold direct from factory at factory price.

If you will clip this ad to your check with your order freight will be paid by us. This offer for a limited time only. Order from CROWN IRON WORKS, 1306 Tyler St., N.E., Minneapolis, Minn.

Vacation-time

when the little savages run wild—have your First-Aid handy!

Perpetual motion from morning till night, aren't they? They climb and run and jump all over the landscape, every little body a perfect dynamo of energy. They soak up health with sunshine, they store up strength with the exercise.

But look out for the dangers of vacation-time! Climbers sometimes tumble down and bump their heads. Juvenile runners cannot escape scrapes and bruises. And even Old Man Sunshine may burn a child's tender skin painfully. Be sure that "Vaseline" Petroleum Jelly is near at hand for all such emergencies. It's what doctors recommend. And teach the children to use it themselves.

Any druggist carries a stock of "Vaseline" Jelly in tubes and jars. And remember that the trade mark Vaseline on the label is your assurance that you are getting the genuine product of the Chesebrough Manufacturing Company, Cons'd, 17 State Street, New York.

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Vaseline

REG. U. S. PAT. OFF.
PETROLEUM JELLY

The Child Prisoner at the Bar

(*Continued from page 23*)

the time when young folks are most likely to stray into trouble. To raise the age of jurisdiction of the children's court in New York City from 16 to 18 years, it has been estimated, would double the work of that tribunal, which requires a specially trained staff of probation officers, psychologists, physicians, etc., to achieve its effective functioning.

While the children's court today is coming to be accepted as part of the established order generally, along with the public school system and free libraries, there remain a number of backward states that have yet to fall in line.

NOW what happens in the sort of case that comes up any day before the children's judge in a large city? Imagine three boys arraigned on complaint of the school janitor alleging they have stolen some fifty dollars' worth of supplies from the school premises. Investigation reveals the fact that one of the lads has already passed his sixteenth birthday; that rules him out—he is without the jurisdiction of the children's court, and elsewhere must meet the charge of "larceny" as any adult offender.

There remain for consideration, however, the two younger boys—one 14, one 15, who both stoutly proclaim their innocence, though appearances are all against them. The judge adjourns the case for a hearing perhaps two weeks off; meanwhile, he may either detain the boys in custody of the court, or he may let them go home.

During these two weeks, trained agents of the court are sent out to look up the case; to ascertain the boys' records in the neighborhood where they live; and their reputation in school. What sort of homes do they come from—what sort of parents?

When the case comes up again, the boys appear in court together with their parents, probably, all waiting anxiously to see what the judge will do. And what does he do? What can he do?

If he considers the janitor's charge was unsubstantiated, he can dismiss the complaint and send the boys home. But if, on the contrary, everything points to their guilt, he may give the young culprits a good talking to, and warn them, together with their parents, of the dangers of this line of conduct. He can let them go on parole, with the understanding that they report regularly to the probation officer, who will hale them back to court at the first sign of any more trouble. He may, at his discretion, order the parents to make good the damage wrought by their offspring. Where a father has had to pay for the broken glass or the goods stolen out of the shop window by his mischievous son, he is much more likely to see to it that the boy's exuberant spirits are better directed next time. However, the imposition of money penalties is justifiable only when the child himself or his parents can afford to pay; the judge's object being more to point a lesson, rather than to secure restitution for the aggrieved complainant, who, on theory at least, always can bring action in the regular civil court for money damages.

Where the judge finds that the child's home conditions are likely to send him from bad to worse, the young delinquent may be "committed" to some custodial institution, as would any destitute or neglected child. Such commitment is indefinite, within the discretion of the trustees in charge; the motive and intent being not to punish the child, but to keep him or her out of harm's way. When the time of release comes, the young inmate emerges free and clear, with a clean slate. The records of the children's court are not open to the public. Some jurisdictions have even made it a misdemeanor to publish newspaper accounts of proceedings in the children's court, or to take the picture or print the name of any juvenile appearing there, either as principal or witness.

It has been previously stated that the juvenile courts are generally given jurisdiction of all offenses short of homicide. What then? Suppose a child is charged with murder, as was Eddie X., mentioned in the beginning of this article?

Generally, if he is over the age of seven years, he must expect to face the regular criminal court procedure, the same as any grown-up. But actually, the judge of the criminal court promptly remands the case back to the judge of the children's court, who thereupon proceeds to handle it as any other case of delinquency.

THUS it was with Eddie X. While investigations were going on as to the boy's reputation and previous record, Eddie, under custody of the court, was being kept under observation by a trained psychologist, a woman physician, expert in all manner of physical and mental tests, seeking to discover whether or not this boy was normal or abnormal according to ordinary 12-year-old-boy standards. Was there anything wrong in his make-up—defective glands, eyes, teeth, that might set up a state of nervous irritability? It seemed not. Nothing of that nature could be discovered.

When the case came up for its second hearing, it appeared that Eddie's father, realizing that his son was in serious difficulty, had hired a lawyer to defend the boy, who now repudiated entirely his original confession of having killed the old lady. His explanation for making it was that the "cops" at the station house kept after him with their old questions, and promised him that if he would confess, they would let him out, to go home to his mother. The judge, however, chose to credit the confession; inasmuch as the boy had repeated substantially the same story to two other persons connected with the court; one of them the matron of the children's society.

Eddie was no dullard; he was keenly alive to his position, and in the end, when in spite of the lawyer's efforts, he heard himself committed to the House of Refuge, the boy burst into tears. Eddie understood perfectly well the why of it all; intercepted in the act of stealing, he had been led on to do murder; and gotten caught. Eddie *knew*. We do not know what the future holds in store for this boy. We can only hope that one of these days he will have developed into a worth-while citizen, with no one to recall the thing he did at the age of twelve. There will be no mark of Cain about him; he has never been a jail bird; he has no court record against him.

Human nature, alas, does not change. "In Adam's fall, we sinneth all," and short of the millennium, the world will probably not see the extinguishment of temptation to commit crime, the vestige of the old Adam that lurks in every one of us. It is, however, a step in progress toward that millennium when society is aroused to study into the causes, rather than the effects of child delinquency; and the causes discovered, to make use of every remedy possible. Even so, when it all seems to the simple lay mind to have no bearing on the subject whatsoever. As one bewildered Italian mother, whose son had passed through the machinery of the children's court, was heard to exclaim: "My Tony—he breaka street lamp . . . ! *Dey take out de tonsil!*"

Not Fit for Their Ears

MANY children have to listen to bitter quarrels between a husband and wife or constantly recurring ugly and discordant talks about money.

Then there are tales of sophistication and cynicism. You know them—how your cousin is jealous of her husband's stenographer—how the man in the apartment upstairs has been drunk three times this week—what a terrible liar Aunt Maria is getting to be—how your uncle's partner tricked him out of his share of the profits—and so on and on.

Think too of all the discussion of sensational news-items from the daily paper—kidnappings, murders, scandals.

And always we have with us detailed descriptions of operations, how little Billy looked when he had blood-poisoning just from scratching a mosquito-bite, "how the dentist broke the tooth in three pieces and had to dig it out of the jaw, my dear, and it was simply torture, and I never want to sit in a dentist's chair again."

This sort of talk destroys children's faith in people. It gives them a distorted outlook on life. It over-emphasizes the abnormal and the spectacular. Most assuredly there comes a time when they have to know that these things exist. But let that be at a time when they are psychologically ready for it. Then such aspects of life will line up in true perspective for them. But until then let us be more thoughtful, more intelligently careful about what we say or allow to be said before our children. Some things aren't fit for their ears.—*Gladys Huntington Bevans.*

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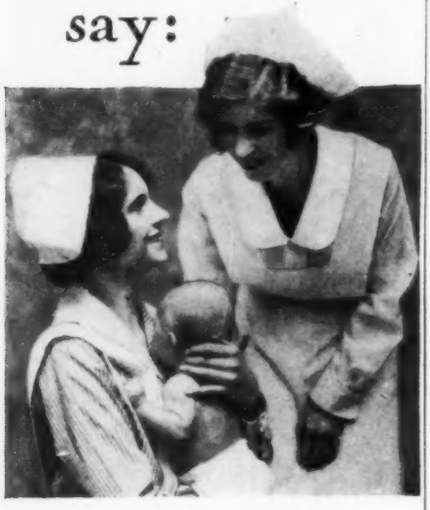

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Sun Baths

(*Continued from page 21*)

appreciable scale throughout many European countries, but it was not until after the publication of Rollier's book on heliotherapy, in 1913, that the treatment was practiced to any extent in the United States.

The beneficial action of the sun bath lies in the combination of the tonic effect of the fresh air and the biological power of the sun. The skin through exposure to the sun and air regains its tone and pigments, with the result that it functions as it normally should and its resistance to the penetration of germs is increased. The circulation is stimulated and regularized and the muscles regain their firmness and tone. There is a tonic action upon the thoracic and abdominal organs. The appetite is recovered and digestion is stimulated. Under the action of sunlight, the vital forces of life are revived. It is universally agreed that the degree of pigmentation determines the reaction of the body to treatment; on the other hand, this must not be considered an exact gauge of the patient's progress.

THE ideal place for sun bathing is at a high altitude where there is abundant sunshine most of the year, where the clouds are few and the winds very moderate. Here the potency of the sun is greater, due to the purity of the atmosphere. (Rollier's environment at Leysin in the Alps is excellent.) The sun's rays in penetrating to lower strata (sea level) must pass through the thickness of the atmosphere with loss of power by filtration through moisture and dust. Furthermore, the air in becoming heated tends to have a debilitating rather than a stimulating effect upon the body. When it is not possible to practice heliotherapy under such ideal conditions, the next most favorable location is the seashore, where there is little dust and smoke and where the winds are moderate. The lowland plain is the least favorable situation.

In our own country the high altitudes are not easily available, and we are further handicapped by inclement weather and high winds. Yet it is possible to practice heliotherapy with success under these conditions. When a high wind or the presence of dust and smoke in the air make open exposure to the sun impractical, it is possible to transmit the sunlight through certain types of artificial glass that leave some of its potency. (The ultra-violet rays of the sun do not penetrate an ordinary window pane.) When the sun does not shine, artificial light in combination with fresh air may be substituted. The beneficial effect of the artificial light is not equal to that of the sun itself, but it may be used satisfactorily as a supplementary measure.

Great care must be exercised in the application of light-therapy, for much harm can be done by an indiscriminate use of this powerful agent. The prevailing tendency of casually taking sun baths without a knowledge of their effect may lead to unfortunate results from over-exposure, such as burning, giddiness, pain, nervousness, headache.

The technique of exposure as developed by Rollier has been generally accepted. According to his method the body is exposed gradually over increasing periods of time. The sun bath begins with the exposure of the lower limbs, which are less sensitive and can afford a measure for judging the patient's reaction. The feet, legs, abdomen, and chest are exposed in turn at short sessions repeated at intervals and increased a little each day. The head is always covered with a cloth or hat. The eyes also should be protected. After the body has become tanned, one can remain in the sun for several hours a day without harmful effects.

A second important principle is the practicing of insolation when the air is cool. It is a mistaken opinion that the hotter the sun, the more effective the treatment. During the warmest hours of the day the atmosphere is overheated and tends to have a debilitating rather than an exhilarating effect upon the body. In the summer the earlier morning hours are the best time for exposure, and the lower the altitude the earlier the treatment should begin.

It must be borne in mind that this so-called zoning system and the regulation of the time for exposure are to be used only tentatively and that the treatment must be modified to meet the needs of the individual case and in accordance with the patient's tolerance of the sun.

The value of heliotherapy as applied to the sick child is twofold: the general condition of the entire body is improved under the stimulation of the sunlight, and any local site of disease is healed under the sun's power to destroy bacteria and repair tissues. Rickets heads the list of diseases in which heliotherapy has proved of value and the results have been definite and uniform. Scientific study has shown that the cure is produced by the restoration of the power to absorb and retain phosphorus and calcium in the body.

INCIDENTALLY it is interesting to note that in the newer knowledge of foods and diet it has been demonstrated that many foods exposed to sunlight develop food values which they previously lacked. These food values are extremely important in proper diet, hence the value of fresh foods in the diet of the healthy child. Even cod-liver oil becomes much more efficient in the prevention and cure of rickets after its exposure to ultra-violet rays.

In the treatment of tuberculosis of the extra-pulmonary type, particularly in bone, gland, and joint cases, heliotherapy is an important factor. It is in tuberculous cases that the sun bath has been practiced chiefly, and it was for the treatment of such cases that Rollier established his clinic in 1903. Heliotherapy should not be used to the exclusion of other standard therapeutic measures, but it should be applied in conjunction with good medical care.

While the use of sunlight in tuberculosis has not yet advanced to the scientific stage that it has in the treatment of rickets, yet clinically there is a preponderance of evidence proving its great value. In hundreds of cases the centers of infection have healed under the influence of the sun, systematically applied, and at the same time the entire body has been reconstituted.

OF the 1,746 cases of tuberculous bones and joints treated in Rollier's Clinic during the period 1914-1921 over 80% were healed, 11% were improved and only 8% failed to respond to the sun treatment.

Heliotherapy is of benefit in numerous skin infections, particularly in eczema, psoriasis, acne, and herpes zoster. It is of distinct value in treating wounds and traumas, as the sunlight with its power to destroy bacteria without injuring the cellular tissue provides an ideal antiseptic dressing. Sunlight has a beneficial effect in certain forms of asthma and bronchitis. In infantile paralysis cases it helps to restore to the affected muscles a part of their motile and contracting power. The sun bath has a place also in the treatment of all depressed states of health, since it is a means of stimulating the vital processes.

These are roughly the chief diseased conditions in which heliotherapy has proved its value. Increased experience will doubtless bring to light many other possibilities for its application.

The rôle of heliotherapy is not only curative but also prophylactic. Under the influence of sunlight, the delicate child predisposed to disease, and particularly to tuberculosis, which generally occurs in childhood, can fortify himself by developing his resistance. Striking improvement has been noted in such children, even after only a few weeks of sun bathing; the hollow chest fills out, the wasted muscles become firm, and a good healthy color develops. Naturally there is a beneficial effect upon the morale of the child. The value of prophylactic sun-cure is being generally recognized, and practically all our cities are attempting to provide a means whereby the child may receive more sun and air.

It is apparent that if heliotherapy can cure disease and prevent its development, it must be of benefit in preserving an already healthy state. Too little attention is probably given to the child who is considered healthy, with the result that he is often spending a great deal of his day in conditions unfavorable to health. In some countries heliotherapy has already been introduced into the elementary schools with complete success, and in the future further steps will undoubtedly be taken in this direction.

The field of heliotherapy is still comparatively new, but the evidences of its value as already submitted from many different sources reveal its potential possibilities. The fundamental principles of its use are well established. With increased experience and knowledge, the treatment will become better understood and have a wider application, becoming even a greater acquisition to medicine than it is at this time.

What the Modern Baby Should Eat

(*Continued from page 24*)

Vegetables may be given at five months, but care should be taken in their selection, as some children have very strong aversions to certain vegetables; therefore they must be given rather slowly at first. Baby must be tested out, so begin giving him vegetables in small amounts until he learns to like them.

The question arises, "Which vegetables shall I give my baby? Are there certain ones I must avoid, or is it true that he may have any and all, just as I would?" It is remarkable how much abuse in diet a child will stand, but there is no use, after all, in outraging his stomach or the natural laws of his system. Cabbage, onions, cauliflower, *can* be given without harm, but even among adults there are many dislikes of these stronger vegetables, and it is naturally more difficult for a baby to become accustomed to them. So, on the whole, I would suggest adhering to the simpler vegetables (white potatoes, carrots, spinach, celery, tomatoes, lettuce, peas, lima beans, string beans, and squash) for about the first two years. Later the more aromatic vegetables may be cautiously tried to test the child's tolerance.

All vegetables should be put through a strainer or sieve or be otherwise finely divided until the child begins to show a *voluntary* chewing movement. There is a good deal of feeling among mothers that babies should be *taught* to masticate, but mastication is an instinctive movement which the child develops of his own accord when he is ready for it. Most children until eighteen months old need their vegetables strained and it is no disgrace to the child or his family if he has to have them ground until his second year. That is far better than upsetting his digestion by allowing him to swallow unchewed pieces of food.

IN planning a child's diet remember that the most important factor is to balance it, to relate the foods properly so that he receives fats correlated with proteins, carbohydrates, salts and water. Each constituent has its own proper function to perform, and omission of any one causes malnutrition. On the other hand, avoid an excessively fat diet by being sparse with butter, cream and other rich foods for small children.

Remember, too, that a growing child rarely gets too much food. If you don't feed a baby too often you can offer him a pretty substantial meal, as he has an instinctive idea of the amount needed to satisfy his own hunger. Balance a baby's diet carefully, try new foods cautiously. It is the proper balancing of his meals and not a great variety of vegetables or luxurious change in menus which will make him a well nourished, well developed, healthy and happy child.

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POINTERS *for* PARENTS

Practical Suggestions Submitted by Readers

I wanted my daughter to help me weed our flower garden, but it did not seem to appeal to her, until I hit upon the idea of making the tools attractive. This I did with a can of orange paint. The natural-colored handle of the hoe, rake, weeder, trowel and shovel were all gaily transformed with a coat of orange. Then to make the "set" a real garden outfit, I painted a basket to match. Now daughter puts on an orange smock to match the garden set and gladly tosses weeds into the basket.—*Mrs. J. M. D., Los Angeles, Cal.*

A Vacation Idea

Three months' vacation ahead! A long, lazy time and no chance of going to the mountains this year. Of course, there would be music lessons, but what else for two boys of ten and eight, too young for scouting, too old for aimless vacation play? I called up the manual training teacher at Junior High and asked him to recommend a boy who could teach woodwork, bird-house building and mechanical drawing. The young instructor was enthusiastic over the few tools, the old orange crates, and odds and ends I had hoarded. He came three times a week and showed the boys how to make their plans, their patterns, how to cut and saw and nail, tack and glue and plane. They made their workbench first; they made bird houses, shoe rests, shelves, mended old toys and planned new ones. An hour a day for three months they spent at their carpentering —that was all, but the value in their development is inestimable.—*Mrs. D. E. F., Tulsa, Okla.*

A Game that Teaches

We taught our small son to trust policemen and other uniformed officials by playing the "policeman game." "Suppose we play policeman," I would begin. "You are a little boy who has been lost and I am the policeman. You pretend you are crying. 'What is the matter, little boy?' "

He fell in with the game with glee: "I'm lost."

"What is your name, little boy?"

"Jack Hill," said he.

"What is your father's name?" Here he needed a little prompting to answer, "John W. Hill."

"Where do you live?" He hadn't thought of that before.

"Where do I live, Mummie?" I told him, "36 Oak Drive" and he practiced saying it.

I pretended to write the information down and then said, "Come with me and we'll see if we can find your house."

After an imaginary trip we entered an imaginary police station. I looked up his father's name in the telephone book and pretended to telephone, telling "Mrs. Hill" that her child was at the police station.

"What did Mummie say?" he questioned, entirely engrossed in the game.

"She said to wait right here and she'll come right after you," I told him.

Soon a pretended knock brought "Mrs. Hill" and there ensued a joyful reunion. We played the game over several times. Soon he learned our telephone number as well as our address. When we moved to another house he learned the new address and telephone number, with the help of the policeman game.—*M. R. H., New York.*

A Homemade Picture-Book

My baby became interested in pictures very early. As none of the picture books for sale were suited to a child ten months old, I made one from a wallpaper sample book. I cut out large colored pictures of babies, automobiles, dogs and other things which she had actually seen and evinced an interest in, and pasted them on the plain side of the sheets. As she became older and her knowledge and interest increased, others were added. I found that this method increased her observation power to a marked degree.

This type of book can be very valuable as a help in emphasizing habits, particularly new ones which the child must learn. For instance, when I began to introduce my baby to the habit of drinking her milk from a cup, I put in the book most attractive pictures obtainable of babies in high chairs, and also older children, drinking from cups. —*Mrs. G. S. E., Atlanta, Ga.*

Makes Washing Easy

Buy a bath spray and hose. They are inexpensive. Attach to tub faucet. Have it long enough to reach easily to the toilet seat. This will cleanse diapers better and easier before they are boiled. —*Mrs. W. J. H., Brooklyn, N. Y.*

Snap Your Snaps

When washing clothes with snaps on, always snap them shut and they will go through the wringer without bending or breaking.—*Mrs. W. H. A., Mt. Carmel, Ill.*

If you have practical suggestions that would be helpful to others, tell them to us briefly. For every suggestion accepted one dollar will be paid on publication. Unaccepted contributions to this department will not be returned. Address Managing Editor, THE PARENTS' MAGAZINE, *255 Fourth Avenue, New York, N. Y.*

Deafness in Children

(*Continued from page 20*)

(C) THE STAGE OF CONSERVATION AND SOCIALIZATION—The modern idea is threefold. (1) Prevent hearing defects if possible. (2) Discover existing hearing defects early when medical and social treatment can be most effective. (3) Assure the individual with any degree of hearing defect as nearly normal a place in society as is possible through the most advanced scientific methods; more specifically, give training in lip-reading to persons with even comparatively mild defects, often when only one ear is affected, in order to assure that person social communication of an inconspicuous sort should the hearing, as sometimes happens, become markedly worse or the other ear become defective. While it would seem logical that a person having one good ear would hear normally and would not need lip-reading except as insurance against an unfortunate future, there are undoubtedly certain persons having one good and one defective ear, who do have trouble in establishing full communication. This is often the case in the classroom. The explanation of this is not clear. It is known that there is a sympathetic relationship between the two eyes. I have never understood that such a relationship existed between the two ears, but it may.

At this point two terms may well be defined. We now use the term "deaf" for the complete or practically total deficiency. The true deaf are, for a time at least, institutional cases. After training, they are released as pretty good citizens. The terms "deafened" or "hard of hearing" are used for lesser degrees of defects, and this group are not institutional cases but as children they are usually educable at the public schools, provided lip-reading training is available, or in the still milder cases, provided the child can have a front seat and the teacher makes a little extra effort to be sure he is able to follow the oral lesson.

WHAT causes deafness? Popularly, heredity is supposed to have a good deal to do with it. Nearly everyone, at least in certain regions, has one or two relatives with hearing defects. Therefore deafness must run in families. Maybe it does. But probably not. The safest statement is the scientific alibi with which parents are familiar already, that while one may not inherit a hearing defect, one may be born with a hearing organ which is less effective in standing the stress and strain of modern life than that of the individual with soundly hearing forebears. But the mere presence of hearing defects in a family, or even in one's parents, means nothing. The question is, were such defects existing prior to one's birth, or did the parents acquire the defects later? The implications of the two cases are different.

So-called deaf mutes are born. They are institutional cases.

For all practical purposes, the causes of hearing defects are few. Accidents do occur, such as fracture of the base of the skull, with nerve injury. Tumors of the acoustic nerve develop; in fact, one very eminent philanthropist spent his last years in misery because of such a defect. These cases are few. Syphilis may result in almost anything, for spyhilis is the great imitator. It is a cause of deafness. But the large majority of cases of hearing defect are a result of something in the upper respiratory tract, and that something is most often offending tonsils and adenoids. Basically the cause is infection of the upper respiratory tract, and that means plain ordinary colds.

There's a canal called the Eustachean tube which runs from the region of the tonsil and adenoid on each side into the middle ear, that part of the ear just inside the drum membrane and which is crossed by that little chain of bones called the hammer, anvil and stirrup. In the upper part of this chamber is the attic through which communication is established to the mastoid cells, those open spaces in the bone behind the ear, placed there to lighten the skull, and to which infection travels from the too severe purulent middle ear.

DISEASED tonsils and adenoids as well as other local causes may result in low grade and fairly constant irritation or infection of the throat which extends very easily into the Eustachian tubes whose linings are continuous and similar to the lining of the throat itself. The lumen of the tube is thus made smaller and some constriction results. This narrowing can continue to the point where the balance of air pressure on either side of the drum membrane is disturbed. In an acute cold, such narrowing may occur rapidly, which explains the sudden partial loss of hearing. Such cases are logically called the "obstructive type" of hearing defect.

But suppose from this infection a collection of fluid (thick or thin) develops in the middle ear chamber. Then one of several things may happen; for the pressure must be released somehow. (1) If one is fortunate and early discovery is made, the drum may be lanced and the liquid released to drain into the outer ear. This incision is made along lines which will in no way injure the attachment of the delicate little chain of bones to the drum or to each other. Hearing loss may exist for about a year before recovery but the prognosis is good, provided the fluid can be dried up. (2) The drum may burst itself because of the pressure of the fluid, in which case the tear may occur anywhere on the drum and is less easily healed. (3) The fluid may extend up into the attic and thence into the mastoid cells. This may happen even if the drum is punctured or bursts itself, though it is less likely to occur when pressure is released.

I would earnestly advise a parent never to discount a child's complaint of earache. It is perfectly true that earache may occur even from a tooth. It

(*Turn to next page*)

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Deafness in Children

(*Continued from page* 47)

is also true that, most frequently, examination of the drum in cases of earache will reveal either nothing at all, accompanied by a story of a little sore throat, or perhaps just a little reddening around the edges of the drum. But in the rarer case, and you can only consider humans as individual propositions, there will be a real, up-and-coming red-hot drum, maybe ready to burst. And the cry of "wolf, wolf," always answered will not have been in vain. Any earache of several hours' duration deserves medical investigation. Doctors find in the ears the explanation of many an otherwise untraceable rise in temperature.

Above all I would almost pray parents under no circumstances, unless under the direct orders of a physician, to apply heat or cold to aching ears, or to introduce liquids of any sort in the canal. I feel the parent's place is watchful waiting.

Parents today want to detect abnormalities in their children at the earliest possible moment and seek remedy when results will be most favorable. Parents discover certain defects of their children, such as ruptures, far more frequently than do examining physicians. In the case of hearing defects, parents may be and should be the first ones to suspect that all is not well.

WE know very little about the hearing of babies. Infants respond very easily to various stimuli, such as lights and noises. The trouble with hearing tests for them is that their interest is so easily distracted by any rival noise or act which occurs in the room. But the mother, coming into the room with a bottle, perhaps, or for any reason at all, will notice whether the baby hears the noise or makes no response to it because possibly he is unaware of it.

In the latter case, it would be advisable to have the child given a psychologic test. The point to determine is whether the child is deficient mentally to some degree or whether, if mentally normal, his hearing needs expert investigation.

At best, such testing of infants is a bit unsatisfactory and too much belief should not be placed in the results, which, however, may be prophetic.

Once out of the infant stage, testing of a rough sort is easy and the ingenious parent can think of many simple ways of comparing the auditory acuity of one child with that of another known to hear well. The ordinary spoken voice is heard at about thirty feet, the ordinary whisper at about twenty.

Watch the response of the child to the voices of others. But be sure at all times to compare such a response with that of another child, because many individuals today speak with such poor diction and in such low voices that it is impossible even for the normally hearing person to get their words.

Another possible symptom is the child's apparent withdrawal from a general conversation. This may not be an unsocial attitude; it may not be daydreaming. It may very well be an indication of the presence of a hearing defect plus a feeling on the part of the child that the conversation was not worth the struggle of trying to hear it. Hard of hearing children fatigue more easily than others, at least during the so-called period of adjustment to the defect, owing to the extra effort required to keep up the chain of communication with their fellows. This means such children require more rest than normal children of their age.

IN schools today there is a distinct trend toward testing in groups of about 40 to 48 with the phonograph audiometer, which is simply a phonograph with a magnetic pick-up to which are attached head-phones, in series of eight. The child records on a special form numbers which he hears spoken by a man's voice and a woman's voice. Children shown to have a certain number of units of hearing loss are retested. If the second test confirms the first, advice of the otologist is sought, and the advisability of lip-reading instruction is to be considered. Such instruction requires only a brief period of half an hour or less twice a week, the rest of the time being spent in ordinary school classes. This is a very effective aid to the hard of hearing. It is best begun when the child is young as the child can then lip-read from all angles.

If a child is found to possess a hearing defect, the only thing for all concerned to do is to face matters squarely. Nor is there the least advantage in trying to hide the situation. Frankly admitted, the thing becomes commonplace.

Encourage and help the child socially. Even though he cannot hear everything that is said, he can still get a great deal and his popularity need not suffer.

The prognosis for improvement of hearing defects, though better for the child than for the adult, is poor, in general. The matter of the child's future career must be considered on this basis. If the child has unquestioned talent along a certain line, it may be that he is able to succeed in that line in spite of the defect. But one must realize that there are distinct and definite occupations in which the hard of hearing can do well; and others in which success is dubious. Ingenuity and personality can accomplish much, it is true, but at a price. Good advice on vocational guidance for hard of hearing individuals is available at the various local leagues or through a national service bureau, called the Volta Bureau, established at Washington.

The chances of success for the hard of hearing child are good, if properly guided. There is a tendency to settle down to work and do a good job.

A tremendous factor in the success or failure of a hard-of-hearing child is the way he is handled. If this is done wisely, sympathetically, constructively, and under good advice, there need be no clouds in his social or economic skies.

BOOKS *for* Boys *and* Girls

By Alice Dalgliesh

Teachers College, Columbia University

WHEN deciding upon new books to go into the children's vacation baggage for reading on rainy days the following reviews may help to guide your choice:

The Picture Book of Washington, written and illustrated by Lois Lenski. *Coward, McCann.* $2.00.

This should be a worth-while book, but we regret to say it isn't. Miss Lenski has pictured Washington through the eyes of two child visitors, and in order to introduce a touch of humor (?) the children are depicted as breaking all the rules of social behavior, sliding down the bannisters of the Congressional Library, playing on the harpsichord at Mount Vernon, climbing into Lindbergh's airplane. When will authors and publishers realize that little children take their picture books seriously? Last year when Jimmy and Joan visited New York (The Picture Book of New York) their conduct was exemplary. We wonder why Washington has had such an unfortunate effect upon them!

Sindbad escapes from the desert island. Illustration by Lynd Ward from "Wonder Flights of Long Ago," edited by Mary Elizabeth Barry and Paul R. Hanna. Published by Appleton.

The Mongrel Puppy Book, by Cecil Aldin. *Oxford University Press.* $1.25.

Another of Mr. Aldin's well-known dog books. As usual the pictures are delightful, the text negligible and not at all childlike.

Die Kleinen Obst und Gemusegartner, (The Little Fruit and Vegetable Gardeners), by Marigard Bantzer. *Educational Playthings, Inc.* $1.25.

We saw this book for the first time the other day and were completely charmed by it. It is a colorful German picture book which shows the gardening activities of a family. (Age 4-6.)

The Adventures of Johnny Appleseed, by Henry Chapin. *Coward, McCann.* $2.50.

The story, well told, of that delightful character who was not a myth, but a reality. (Age 10 and over.)

The Town Crier of Gevrey, by Estelle M. Kerr. *Macmillan.* $1.75.

A story of war-time France. Thirteen-year-old Pierre is the town crier who rides all over town on his bicycle, calling out the news. The pictures were made in Gevrey by the author. (Age 8-12.)

Tea Time Tales, by Rose Fyleman. *Doubleday, Doran.* $2.00.

Short fairy tales by a well known writer of fairy material. Some of them are interesting, some of them quaint and amusing, though Miss Fyleman's stories never come up to the standard of her poems. (Age 6-9.)

The Picture Book of Ships, by Peter Gimmage. *Macmillan.* $2.00.

A colorful, informational picture book which all children interested in ships will enjoy. Text not quite all it should be, the author seems a trifle condescending. (Age 6-10.)

Good Games for Boys and Girls, by Jean H. Fretwell. *Rand, McNally.* $2.00.

A fine book which should be a gold mine to parents and which is simple enough for children to read and use. Games are not merely listed, they are given in the situations in which they may be played—the backyard, the play street, the country, the train or automobile. There is a thread of story and many black-and-white illustrations. (Age 7-12.)

Wonder Flights of Long Ago, edited by Mary Elizabeth Barry and Paul R. Hanna. *Appleton.* $2.00.

An attractive book which shows how long man has had the desire to fly. Among the stories are those of Pegasus, Daedalus and Icarus, and Sindbad. Striking black-and-white illustrations by Lynd Ward. (Age 8-12.)

Men Who Found Out, by Amabel Williams-Ellis. *Coward, McCann.* $2.00. Stories of great scientific discoveries. The simple, conversational style in which this book is written should make it popular with boys and girls; it is interesting throughout. (Age 9 and over.)

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BOOKS *for* PARENTS

Newer Ways with Children, by M. V. O'Shea. *Greenberg.* $3.50.

In a compendium of eighty topics covering richly the many difficulties of parents with their children, the author points out that most of these lie in an incomplete understanding not only of the tendencies and rights of the developing creature as against the mature, but of the very different demands of the modern environment as against the demands of even thirty years ago.

The book presents the findings of modern psychology and educational research in non-technical terms and with a wealth of concrete and apt illustration. It contains many invaluable points of view; for instance: (a) a dulled appetite may be nature's method of restoring balance in the modern apartment-house child's life. (b) Parents are urged to remember the right of any living creature to defend itself against attack, and that tongue lashing provokes "answering back."

The multiplicity of topic headings may obviate the need for an index. Nevertheless the reviewer felt the lack of one. And here and there, but only here and there, one questions. For example, in the attempt to avoid technical terms has the author helped or upset relatives by using on the same page "imbecile," "backward" and "feeble-minded" without clear distinction? But aside from rather negligible flaws, parents should find real help in this book. *—Reviewed by Blanche C. Weill.*

So Youth May Know, New Viewpoints on Sex and Love, by Roy E. Dickerson. *Association Press.* $2.00.

This is a message addressed primarily to young men in the "upper teens and early twenties." It is the fruit of a wide experience with boys and young men which has disclosed a state of ignorance and at the same time an eager desire for knowledge concerning sex and the relationships of the sexes.

The physical aspects of sex are set forth briefly, followed by an interpretation of sex, in its relation to the home and social progress.

The larger part of the book is devoted to the discussion of those phases of conduct involving sex. The social problems of prostitution, sex intimacy, abstinence, promiscuity, petting, etc., are dealt with, and sound advice given as to how self-control may be attained.

The questions of courtship, engagement and marriage, the choice of a mate, the responsibilities mutually incurred in engagement and love-making, the adjustments necessary in marriage, are then discussed.

A final chapter contains a plea for a new "sex-chivalry," based upon a new appreciation of womanhood, not because women are weaker than men, but because of the splendid contribution which they make to the common life and to human progress. This respect for personality as such is urged as the basis of the attitude of men toward women.

This is one of the most wholesome books which has yet appeared to place in the hands of young men. Incidentally, it is a useful book for parents to study as a guide to their own conduct and as a background for child training. *—Reviewed by B. S. Winchester.*

Exploring Religion with Eight-Year-Olds, by Helen Firman Sweet and Sophia Lyon Fahs. *Henry Holt.* $2.50.

Progressive education has been introduced in the best public and private schools of the country, why not apply the same methods in our Sunday schools? "Exploring Religion with Eight-Year-Olds" gives us a new avenue of approach.

The book is written in two parts, the first being done in diary form, recording the conversations of a group of children and their Sunday school teacher. At the end of each chapter are comments and questions for the reader to consider. The second part is an interpretation of work accomplished.

Mrs. Sweet, the teacher whose work we follow with such interest, has a keen understanding of child psychology and insight into the child's point of view. Naturally, amongst eight-year-olds, many differences of opinion arose, quarrels among the boys, teasing and shifting of responsibility. Mrs. Sweet treated the children as equals, asked questions which made them face problems honestly and praised when they did well.

The feeling of God was given through stories and simple nature experiences. This book is primarily for teachers, but will also prove interesting to intelligent parents.*—Reviewed by Freda E. Hecht.*

The Most Nearly Perfect Food, by Samuel J. Crumbine and James A. Tobey. *Williams and Wilkins.* $2.50.

"The Most Nearly Perfect Food" is a fitting title for this story of milk. I know of no other single volume bringing together such a wealth of facts dealing with the historical development, production, sanitation and practical use of milk and its various products.

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Child Welfare Department

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fortable style. It is well illustrated. A few typical recipes for the use of milk and its products, including sweetened condensed, evaporated, and powdered milks may be found in the chapter entitled "Milk and Good Cookery."

Some suggestions are given for the feeding of children of different ages, the expectant mother and the nursing mother. Sufficient attention has not been called to the difference between the nutritive value of evaporated milk and that of sweetened condensed milk, the small amount of milk in the latter being entirely overshadowed by the sugar content.

After reading this book one cannot help but agree with the authors when they say that "man took the first step forward in human nutrition when he made friends with the cow."—*Reviewed by Clara M. Taylor, Instructor of Nutrition, Teachers College, Columbia University.*

This Ugly Civilization, by Ralph Borsodi. *Simon and Schuster.* $3.00.

Many have disliked and condemned the mechanized civilization in which we live, but few have done anything about it. Mr. Borsodi proposes to do something. His quest for the good life leads him back to the small farm, where he believes that families may attain an economic self-sufficiency which will free them from dependence upon our factory-dominated scheme of existence.

Machines in factories, Mr. Borsodi believes, have enslaved mankind, divorced them from the land, cooped them up in flats and apartments, undermined the home. But machines in the home—the farm home—can eliminate drudgery, produce abundant food, clothing and shelter, cut the cost of living, and create leisure for wholesome living and self-expression. The book is enormously repetitious, but enormously stimulating to anyone who has ever contemplated revolt against the treadmill of the daily job.—*Reviewed by Palmer Harmon.*

Yourself, Inc., by Adolph Elwyn, M.D. *Brentano's.* $3.50.

Here is a book that meets admirably the family need for an authoritative reference work on physiology interestingly enough written to hold a young person's attention. Its sound chapters on reproduction and growth provide a rational basis for sex instruction. Prof. A. J. Goldforb of the College of the City of New York, writes:

"This is a beautifully written story, in non-technical language, told simply and clearly, and what is more, it brings out in an extraordinary way the significant story of the human body. It is almost a stroke of genius that enabled the author to tell what no other book does as well, excepting the very technical one of Jacques Loeb."

Adventuring in Peace and Goodwill, by Annie Sills Brooks. *Pilgrim Press.* $1. Program and suggestions for a ten-day vacation school course in world friendship.

Selected Books and Pictures for Young Children. *Educational Playthings, Inc.* $.35. Book list by Alice Dalgliesh; picture selections by Rita Scherman.

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World Friendship Among Children

(Continued from page 18)

When Junior passes into the stamp collecting stage, his collection may be more than a mere book full of colored bits of paper. Stimulate him to find out how the letters bearing these stamps were carried from their starting point to his own door. An air mail stamp that started its journey in Berlin will give him a chance to find out about the skill and enterprise of the German people in aircraft; a Scandinavian stamp may bring to him a vision of the Norwegian and Swedish sailors, lineal descendents of the old marine heroes who have already claimed his loyalty by their daring exploits in tiny boats on stormy seas. A quaint Chinese stamp with its strange junk ship on a reedy river will help him to appreciate the bravery and patience of a nation, sending its mail down bandit ridden waterways, and to feel that people's striving for a national stability.

IN addition to these home projects, there are the national world friendship schemes sponsored by the Federal Council of Churches through its Commission for World Friendship Among Children. The Commission's first scheme was the exchange of dolls with Japanese children, and the striking success of that enterprise, which ended only after the Japanese children had reciprocated the beautiful gift, is known in every corner of the country. The work now under way is the sending of Treasure Chests to boys and girls of the Philippines.

Correspondence with boys and girls of other lands has proved an unfailing source of interest. During the war the exchange of letters between American children and French and Belgian orphans became a family matter. Next to exchanging actual visits, letter writing is the best means of establishing the personal contact that means so much. In a consolidated school in Texas, a teacher led her pupils in writing to a schoolroom of Argentine children. At the end of the year there was an exchange of shrubs between the Argentine children and the Texas children. An international last-day-of-school was built up around the ceremonial planting of the South American trees in which the fifty students of the school all participated.

Fortunately the custom of exchange teachers and students is being extended from the colleges down through the high schools and in some instances to the grades. In the first impulse toward the re-establishment of decent human relationships after the war, German youths came on tours as exchange students to this country. College students of that generation tell of the amazement that filled them on hearing a German boy declare himself an out-and-out pacifist.

In connection with the exchange of students and teachers it is apropos to glance at what some of the other countries are doing in world friendship education. At the top of the list stands Good Will Day. Originated in 1899 by Frau Selenka as an international day of celebration for the opening of the first Hague conference, it has spread around the world, and is being celebrated annually by the children of several European and Asiatic countries. Since 1906 this country has taken part in the activities of May 18, which is the date set aside for the event. The radio has done much to make it a truly international effort.

SPECIAL courses or chapters in text books on the organization and work of the League of Nations have been introduced into the schools of England, France, Germany, Japan, Belgium, Australia, Estonia, Denmark and Roumania. Teachers receive special training in the work and ideals of the League in Belgium, France, England, Germany and Japan. The Minister of Education in Australia encourages and fosters international correspondence between children. Four thousand Austrian boys and girls competed last year in a contest for the best essay on good will and a permanent exchange of fellowships with the United States has been arranged by that country. Czechoslovakia teaches her children a ten commandments to which she adds: "Do not call anyone a patriot who hates or despises another nation or desires war; war is a relic of barbarism. Love your country and your nation, but work to the end that all men may one day live together as brethren in happiness and peace, and that no nation need be afraid of being attacked by another."

IN our powerful after-the-war rush to honor our dead, we have in many instances done just the things those well loved men and women would deplore, and have set up monuments that honor war right along with the sacrifices they made that war might forever cease. No one who passed through the stress of the war would have it forgotten. But what we must work very hard to accomplish is that the memorials we set up will pass on to our children our own sense of regret, our grief that our race should have involved itself in such a gigantic blunder, and our own determination of 1918 that it shall never happen again. It is asking a great deal of chambers of commerce and of artists, but mothers and fathers must ask it and see that their demands are met. As one little Prussian boy wrote in a letter that he means to give to his son when that hypothetical boy is old enough to understand it, "In your time the fear will be gone and peace will be the ordinary state and you will have merely an adventurous and fabulous conception of war. But peace may be lost overnight. Indifference is its worst enemy. History teaches us this. We have experienced it. So, my boy, stand for peace. Bestir yourself and work for peace. When the fever comes over men, it is too late to work for peace." War as we have known it is a thing of starvation and death and sorrow. That is the important message our war memorials must give to our children.

Shaping Your Child's Personality

(*Continued from page* 15)

During all this the child was present, fidgeting about the room, fingering this or that piece of apparatus, looking out of the windows, fiddling with the scales. I had tried in vain to interrupt the mother's volubility; so finally I simply took the child by the hand and led him to another room where I gave him something to play with and told him to wait. Returning, I was able to insert a remark to the effect that it would be better for me to hear her explanation privately and not before the child.

"Oh, it doesn't matter," she assured me cheerfully. "He knows all about it anyway, so what's the difference?"

After some further elaboration by the mother of the extremity of Alfred's "temperament" and the remarkability of his "mechanical genius," I called the boy in for his test. The mother could not be persuaded to absent herself from the room during the testing, though I told her I could get better results if I worked with the boy alone.

THE test revealed a distinctly subnormal intelligence. The boy's responses were vivacious but wide of the point. He never said "I don't know," but always gave a reply, however scatfer-brained. After an obvious failure the mother would invariably interrupt with a flood of scolding, explanation, and excuse. There was not time to finish, and I sent them away with a non-committal comment on the performance and specification of a time when the boy might return to complete the test.

I never saw either of them again. The mother evidently realized that she was not getting out of this experience what she had come for, and was not interested in coming back for more.

At nine years this child was evidently already well on the way to being psychopathic. With the other factors in his environment, of course, I was unacquainted, but the brief encounter with the one highly significant factor, his mother, was in itself sufficient to explain a great deal. This case is, of course, an extreme one, but it is worthy of consideration, since it illustrates so well influences which enter into all lives, though in many cases in lesser degree and different form.

There are various satisfactions for which human nature feels a demand and toward which it strives. One of these is the satisfaction which comes from the notice and the approval of others. This is an essential human need; when it seems not to be present in any person it is only because circumstances have conspired to overlay and replace it by a substituted satisfaction of different form. Alfred had probably been unable, because of his low mentality, to attain the normal satisfactions of competent achievement in the ordinary tasks of home and school, and his mother's ready impressionability had made it peculiarly easy for him to substitute those arising from the glamorous excitement which attended his fits of "hysteria." The mechanism is a familiar one to the most casual student of psychology. His "mechanical genius" was an equally spurious affair. A block-building test for constructive ability, administered prior to the mental test, resulted in a score below the average.

Behind this story is a parental attitude that is all too common. A child is looked upon as a possession, and expected, like other possessions, to bring certain gratifications to his owner. Possession of something unusual is gratifying, and it was this sort of gratification which Alfred's mother craved from Alfred. Hence she exploited his "hysteria"—(oh, not consciously nor deliberately, of course) because really she obtained as much satisfaction as he did from the excitement of his tantrums and frenzies. His "mechanical genius," likewise, was the fabrication of her craving to realize in her child her desire for the unusual. The essential motive back of her behavior toward her child was not interest in the guidance of the child's own personality, but the use of the child to satisfy her own desire for self-gratification.

How many parents—even the best—calmly discuss with others, especially with strangers, the peculiarities, excellences, or defects of their children in the presence of the children themselves! But consider the effect upon the child of hearing himself discussed. If it is no worse than embarrassment, that is bad enough. To dwell upon a child's abnormalities or peculiarities of any sort is particularly likely to have a bad effect.

ANOTHER striking incident recently came to my attention. A little girl about eight or nine years old came with her mother into a postoffice. A man's necktie was tied around her neck over her collarless dress. Another woman entered, and greeted the mother and child.

"And how is little Ruth?" she inquired.

"Oh, she's fine," answered the mother. "Only she doesn't like to be called Ruth. What do you suppose; she wants us to call her Charlie! She's just crazy to be a little boy. See that necktie? Do you know, she won't go out without one of her Daddy's ties. Absolutely refuses! She wears one all the time, don't you, Ruthie?—I mean—'Charlie'."

The friend was as impressed as the mother evidently wished her to be. She bent down to the child and inquired ingratiatingly, "Well, well! Would you like to be a little boy?" The child nodded with a self-conscious expression.

This went on for fifteen or twenty minutes at the least. The child formed the sole topic of conversation. It evidently did not occur to the good ladies that their behavior might be having an unwholesome effect upon the child.

Now, there is nothing especially remarkable in a little girl's wish to be a boy. A great many girls reflect more

(*Turn to next page*)

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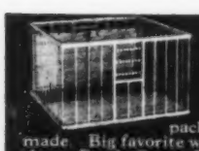

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Shaping Your Child's Personality

(Continued from page 53)

or less frequently on the superior advantages of masculinity in many of the affairs of this world. But ordinarily this wish is vague and more or less fleeting, a passing discontent, dismissed with a shrug of the shoulders. It is impossible to say, of course, that the idea might not have assumed in the mind of this child abnormal proportion had it received no outside encouragement. It was clear, however, that nothing had been done to discourage it, and everything to foster it. If the same parental attitude persists (and it probably will), this peculiarity may quite possibly grow into a real and very troublesome mental perversion.

HELEN presents an entirely different problem. She is the only child of elderly parents, who have, since her babyhood, lived completely for her. It early became apparent that she was exceptionally precocious. Before the age when ordinary children begin to read at all she was reading books used in high school English courses. Later, a mental test revealed the fact that her intelligence quotient was very nearly 80 per cent above the average. This tangible justification for her maternal pride quite destroyed what remnant of common sense Helen's mother had been able to bring to bear on her management of her child. The child was taught to look upon herself as one of the elect of the earth, and was informed just how far above the average was her intellectual ability. She was trained at home, because school was not good enough for her. This in itself would have been justifiable enough if some other means had been provided for insuring social contacts for the child. But no; the other children of the neighborhood were also not good enough, in her mother's opinion (and hence, soon, in her own) to play with Helen.

This girl has now nearly finished childhood practically without contact with other children. She is perfectly contented; she gains keen enjoyment from her intellectual pursuits, and finds in the unbounded admiration and encouragement of her parents (especially her mother) satisfaction enough to make up for any deficiency of other social contacts. In the case of such children it is often assumed that their exclusive interest in intellectual pursuits is sufficiently accounted for by their own intellectual keenness. But is it? Intellectual satisfactions are very sweet, but should they constitute the whole of any person's life—especially of any *child's* life?

Childhood should be a time of great variety of eager interests—a time for tasting and sampling many different kinds of experiences. The child should live in a world full of open doors, through which he may catch delightful glimpses of the many possibilities for using life. As he grows up he may make brief excursions into many passageways and inevitably, as his interests crystallize, one by one the doors will close on this or that possibility. But not too soon! The wise parent is modest about taking on too definitely the function of guide. Because for a time a youngster is absorbed in the delights of poetic composition, and produces, perhaps, some very creditable verse, is no justification for parents to decide at once that their David must become a poet. Share his enthusiasm, commend his progress, but don't, either by command or suggestion, hold back his young interests when they are ready to turn for a time to another hobby. Let him also have a try at the tool-chest, the paint-box, the baseball field.

And childhood should be, above all, a *casual* time! The child should be too full of eagerness for a try at all the fine possibilities life offers to have much time to think about himself. He should be interested in the *things he is doing*, and relatively little in the fact that it is *he* who is doing them. If mother says: "Just look at the man Johnny drew! I think that's perfectly marvelous for a six-year-old! Isn't that smart of him —" etc., etc., and reiterates her praise to every caller, Johnny will, of course, become highly self-conscious about his cleverness, and undertake his next drawing, not so much for joy in the activity as in the search for further opportunity for self-display. But parental commendation, so dear and necessary to the development of a child, can be expressed in many ways. "Why, that is a very good man. I think it is better than the last one you made. Did you have a good time drawing him? I wonder, if you tried again, whether you couldn't get both arms the same length next time. Wouldn't you like to try?" Some such speech as this brings as warm a glow of pride as the other and yet directs the child's attention to further effort, rather than to a smug self-congratulation.

NOR should the child's attention be turned upon his faults or his peculiarities. If he has a bad habit, an obsessing fear, a perverted idea, *don't* keep dragging the fact into the light of day. Help him to forget it by giving him other things on which to fix his attention—so many things, and such interesting ones, that the abnormality is lost among them.

Children are so interesting, the things they do and say provide so many entertaining topics for conversation, that parents sometimes need to be reminded that their children's self-respect is as important and as susceptible to suggestion as an adult's. One cannot say things to them or about them without considering what may be the effect upon them. Remembering this, with sympathy and a little common sense, parents can help their children to a wholesome and happy attitude toward life which will enable them to make the most of themselves, and enjoy the world and the other people in it.

Good Movies and Bad

(*Continued from page 26*)

NOT DAMAGED, with Lois Moran (*Fox*)—A story of the "poor working girl," who, finding that her lover was not all she thought him, goes on a wild party with the millionaire. He proves that at least he is not a bounder. Entertainment value for adults is a matter of taste. (U) *For A:* Possibly. *For Y:* No. *For C:* No.

NEW ADVENTURES OF DR. FU MANCHU, with Warner Oland and O. P. Heggie (*Paramount*)—Elaborate, well made and well acted crook-detective thriller, that presents strong suspense situations without necessity for unduly harrowing scenes of torture or cruelty. Tense and gripping portrayal of struggle of wits between the arch-criminal and the great detective. (E) *For A:* Good of its kind. *For Y:* Exciting. *For C:* May be too strong.

THE OTHER TOMORROW, with Billie Dove (*First National*)—Charming, romantic picture of real life in Georgia, sincerely and wholesomely done, with fine dramatic climax, tragic, but true and naturally achieved. The jealous husband theme, well and convincingly handled, with some fine character work and good singing besides. (E) *For A:* Light but charming. *For Y:* Very good. *For C:* Beyond them.

ONE ROMANTIC NIGHT, with Lillian Gish (*U.A.*)—Clean, enjoyable costume-romance, made from Molnar's "Swan," of the mythical-kingdom type. "Shall the princess marry the philandering prince or the intellectual tutor?" Audience sympathy swinging from prince to tutor, only dramatic flaw. Five leading rôles splendidly acted. Lillian Gish, with charming voice, more significant than in former "suffering" rôles. (E) *For A* and *Y:* Excellent. *For C:* Good, though mature.

PERSONALITY, with Johnny Arthur (*Columbia*)—Mildly amusing and unobjectionable little film of domestic life, in which the mother's interference makes trouble for the young married couple. Ends happily. (E) *For A:* Ordinary. *For Y:* Fair. *For C:* Of little interest.

REDEMPTION, with John Gilbert (*M-G-M*)—Very ordinary filming of the great Tolstoi work, which was primarily novel, not drama. Hero, poorly played and spoken, disintegrates under drink to final suicide, bringing grief on all concerned. Heavy, slow, depressing and rather dull. (E) *For A:* Hardly. *For Y:* No. *For C:* No.

ROARIN' RANCH, with Hoot Gibson (*Universal*)—This is a simple, wholesome and entertaining Western drama. (U) (E) *For A:* Good Western. *For Y:* Amusing. *For C:* Entertaining.

SAFETY IN NUMBERS, with Charles Rogers (*Paramount*)—A young orphan who is to inherit an enormous fortune is sent to New York for an "education" in the ways of the world. Perhaps the greatest fault with the picture is the uncertainty of the audience as to whether it is intended to be farce, comedy, musical comedy or burlesque. The theme had inherent possibilities which are disappointingly minimized in an effort to be ultra modern and conspicuously "smart." (U) *For A:* Poor. *For Y:* No. *For C:* No.

THE SECOND FLOOR MYSTERY, with Grant Withers (*First National*)—A pseudo-mystery-thriller, of the type of "Seven Keys to Baldpate," but more cleverly complicated. Young American writes a yarn merely to entertain the girl of his choice, but she turns tables by contriving a tragic situation with the hero as the center. Well for children to know in advance that the stuff does not really happen. (E) *For A:* Good of its kind. *For Y:* Thrilling. *For C:* Perhaps too strong.

SONG O' MY HEART, with John McCormack (*Fox*)—John McCormack is given an opportunity to sing twelve of his most characteristic songs in the rôle of an Irish tenor who has climbed to success after years of lonely struggle. While the story is a vehicle for the star, it is very entertaining and interest in its outcome is shared with the enjoyment of Mr. McCormack's beautiful voice, perfectly recorded. The picture cannot be too highly recommended as simple, wholesome and inspiring. (U) (E) *For A:* Enjoyable. *For Y:* Excellent. *For C:* Good.

SONG OF THE FLAME, with Bernice Claire and Alexander Gray (*First National*)—A diverting tale, based on an operetta by Oscar Hammerstein II and Otto Harbach with music by Herbert Stothart and George Gershwin, of a phase of the Russian Revolution, told in spectacular fashion with stirring and effective musical accompaniment. Above the average in entertainment value. (U) (E) *For A:* Interesting. *For Y:* Good, but thrilling. *For C:* Too intense.

SPRING IS HERE, with Bernice Claire (*First National*)—Very thin and largely silly farce-comedy of two lovers after one heroine. Some funny work by Ford Sterling, much ordinary singing and mediocre acting. (E) *For A:* Silly. *For Y:* Perhaps funny. *For C:* Of little interest.

THE SWELLHEAD, with Johnnie Walker (*Tiffany*)—The wholesome and fairly amusing theme of a pugilist's rise to success and the resulting inflated ego which causes him to neglect his best friends. Of course he realizes his mistake in time to give the picture a happy ending. (U) *For A:* Fair. *For Y:* Fair. *For C:* Wholesome.

SWING HIGH, with Helen Twelvetrees (*Pathé*)—This is supposed to be a picture of life and love in a traveling circus of fifty years ago, but the numerous anachronisms bring it close to the present. It is only fair entertainment. (U) *For A:* Hardly. *For Y:* Passable. *For C:* No.

THE TEXAN, with Gary Cooper (*Paramount*)—Old-fashioned Western thrill stuff with romantic mother-and-lost-son theme, with motives badly distorted. Mother and daughter are charmingly played, but Gary Cooper plays stolidly, and rather stupidly, spoiling some of the best situations by lack of response. (E) *For A:* Fair. *For Y:* Not the best. *For C:* Doubtful.

THOSE WHO DANCE, with Monte Blue (*Warner*)—Good actors in a poor play. A morbid, unpleasant story of the seamy side of life in which a girl saves her brother from the electric chair. (U) *For A:* Hardly. *For Y* and *C:* No.

THREE SISTERS, with Louise Dresser (*Fox*)—Poor picture made with best intentions to portray humble life in northern Italy during great war. Clumsily told, poorly directed, amateurishly acted except by Louise Dresser. Could have been very human and appealing. (E) *For A:* Fair. *For Y:* Harmless. *For C:* Little interest.

TRAILING TROUBLE, with Hoot Gibson (*Universal*)—An improbable Western drama in which the hero's chief claim to distinction is his ability to lie "in a big way." He falls a victim to a "frame-up" and risks the loss of his reputation and his sweetheart. (U) (E) *For A:* No. *For Y:* No interest. *For C:* Not recommended.

TROOPERS THREE, with Rex Lease (*Tiffany*)—Rollicking, far-fetched comedy of cavalry-life, with no attempt to refine it. Some good riding and much wisecracking dialogue and practical joking. (E) *For A:* Ordinary. *For Y* and *C:* Doubtful.

TRUE TO THE NAVY, with Clara Bow (*Paramount*)—A shop-keeper encourages one of his employees, a soda-fountain clerk, to exploit her charms in order to increase business. The result is almost tragic for the girl, whose promiscuous flirtations cause misunderstanding with the one she loves. It is a light, fast moving comedy, well done but not unusual. (U) *For A:* Hardly. *For Y:* Passable. *For C:* No.

WHAT A MAN, with Reginald Denny (*Sono Art*)—Farce comedy about a young Englishman whom necessity forces to masquerade as a tramp, and whose personable appearance and pleasant manners complicate the situations. (U) (E) *For A:* Passable. *For Y* and *C:* Entertaining.

UNDER A TEXAS MOON, with Frank Fay (*Warner*)—Glorified romantic Western in full color, with Frank Fay perfect as the happy-go-lucky, dauntless, philandering hero-villain. Story weak dramatically, with silly moments. (E) *For A:* Fair. *For Y:* Perhaps. *For C:* Hardly.

VENGEANCE, with Jack Holt (*Columbia*)—Sexy drama laid where African heat disintegrates men into beasts, etc., etc. (E) *For A:* Hardly. *For Y:* No. *For C:* No.

WHITE CARGO, with Leslie Faber (*British*)—Well acted and faithful picturizing of the stage play, by English producer and cast, showing utter disintegration of character and conduct in men marooned on a rubber plantation in hottest and wettest Africa. Unwholesome for the young, morbid and depressing for everyone. (E) *For A:* Strong, but unpleasant. *For Y:* No. *For C:* No.

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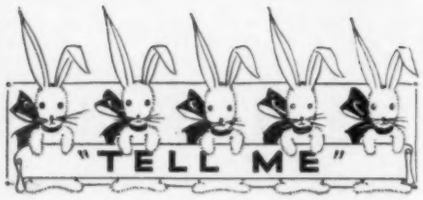

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In the Winter
In the Springtime
In the Fall

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But needs it most of all . . .

When it's humid
When it's sticky
When it's soggy
And it's hot . . .
In July and August weather . . .
When you wish that you were not
A woman of ambition
But content to just sit still . . .
Oh, then the TOIDEY proves itself
It has and always will!

IN the Summer
In the Winter
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In the Fall

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But needs it most of all
When it's humid
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And it's hot . . .
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When you ride around a lot.
You can ride in cool and comfort
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PROGRAM *for* DISCUSSION
at Your Next Meeting

PREPARED BY THE CHILD STUDY ASSOCIATION OF AMERICA

THE following outline for study is based on the article "Shaping Your Child's Personality," by Jessie Chase Fenton, in this issue.

How to Use this Program

Appoint a leader who will first read aloud the article on page 15. The leader should then present for discussion the various questions given below. She will next request various members of the group to take up, one by one, the Problems for Discussion. At the close of the meeting it will be found helpful for the leader to read the summary of the main points made in the article. In advance of the meeting, the various book and pamphlet references should be assigned to members of the group who will report on them at the meeting.

Points to Keep in Mind

(1) Normal self-esteem is an essential factor in wholesome personality adjustment.

(2) Parents can do much to make or mar a child's personality.

(3) A parent's expectation of a child's achievement depends upon the parent's own adjustment to life problems. Often the parent interprets the child's personality according to his own wishes rather than according to the child's real nature.

(4) Children can be unjustly used as an instrument for furthering parental vanity.

(5) Through activity and progressive experience a child builds up a knowledge of the world.

(6) Undue praise often can be as harmful as undue blame.

(7) No attention should be drawn to the child's peculiarities or difficulties. They are only intensified thereby.

Questions Based on the Article

(1) Of what importance is what one thinks of oneself?

(2) Is it harmful to the personality to have: (a) An exaggerated opinion of oneself? (b) A conviction of one's own inferiority? Explain.

(3) Can unwholesome personality traits arise out of an abnormal idea of one's own importance? How does the young child come to think of himself as an individual? (a) Is this instinctive? (b) Is it a process of growth (c) Can it be fostered?

(4) Of what value to the child's development of wholesome personality are: (a) The companionship of other children? (b) Suitable activities? (c) The unemotional interest of intelligent adults?

(5) Are parents fairly accurate judges of their children's mental equipment? On what are their judgments based? What accounts for frequent errors?

(6) Can a parent ever conceivably obtain satisfaction through his child's emotional needs and difficulties? Illustrate.

(7) Can excessive or unwise praise kill initiative? How can due praise be given and initiative still retained?

Problems for Discussion

(1) When Sally Mason was three years old her mother was already looking forward to the time when she would startle an audience in New York by her musical performances. Her mother had achieved some success as an organist in her youth and when Sally showed signs of pitch and rhythm the family were elated. If you were Mrs. Mason's confidante and adviser, what pitfalls and dangers would you wish to point out to her?

(2) Helen is 15 and not very interested in her high school work. She is taking the academic course because her mother went to Bryn Mawr and hopes to send Helen there, too. Helen is becoming daily more discouraged and has lately begun to think that she is entirely useless and inferior. Can this be due to the high standard to which she is expected to conform?

(3) Billy is 2½, and is taken to the park every day by his well-trained French governess, who reads him little French rhymes and takes him walking to see the swans in the lake. He never seems to want to play as other youngsters of his age do, and the nurse considers that her training has been excellent. What do you think?

(4) Grandma Adams thinks her daughter-in-law is "too full of newfangled notions" because she is allowing John, Jr., to feed himself at 15 months. Grandmother thinks it is inefficient from the point of view of housekeeping and silly because it takes so much time. Why should John Jr.'s mother consider it worth while?

(5) The Smiths are great teases and they have adopted nicknames for each of their children. The children resent this very much and have been known to rebel when the nicknames are used

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by their playmates. What harm is there in this or are the children unduly sensitive?

(6) Tommy, aged 12, feels that he is an accomplished electrical engineer. He has rigged up a little radio and an electric bell. The family are so proud of his achievements that they call them to the attention of all visitors and mention them in letters to distant members of the family. In what way can they give due recognition to the child's interest without overstressing his talent?

References

THE PROBLEM CHILD AT HOME, by Mary B. Sayles. *Commonwealth Fund, 578 Madison Ave., New York.* $1.50.

CHILD MANAGEMENT, by D. A. Thom. *United States Department of Labor, Children's Bureau; Leaflet No.* 143. 10 cents.

THE FORMATION OF LIFE PATTERNS, by Leslie B. Hohman. *National Committee for Mental Hygiene.* 15 cents.

WHOLESOME PARENTHOOD, by E. R. Groves & G. H. Groves. *Houghton, Mifflin.* $2.00

HOW TO BE POPULAR, by Anne T. Bingham. *National Committee for Mental Hygiene.* 5 cents.

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2	Pull-Em-On Rompers—*See adv. for offer requiring remittance*	48
	Books for Parents	
3	Association Press	51
4	William Lewin	51
5	Macmillan Company	51
	Camps	
6	Directory of Camps	11
	Druggists' Supplies and Toilet Articles	
7	Colgate's Ribbon Dental Cream—*Trial Tube and "The Way to Happytown"*	33
8	Crown Lavender Smelling Salts	51
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17	Vaseline	42
	Food Products	
18	Burnett's Vanilla—*See adv. for offer requiring remittance*	40
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20	Cocomalt—*Trial Size Can*	31
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25	Shredded Wheat	41
26	Wheatena—*Sample Package*	3
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33	"Comfy-Safe" Auto Seat	56
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Advertisements are accepted only of products believed to be thoroughly reliable. The manufacturers of these products are responsible, reputable firms who will stand behind their merchandise.

In passing on products to be advertised and the claims made for them in advertisements, THE PARENTS' MAGAZINE has the counsel of its editors and advisory editors, and other leading experts in the field of health, nutrition, household equipment, toys, clothing, etc.

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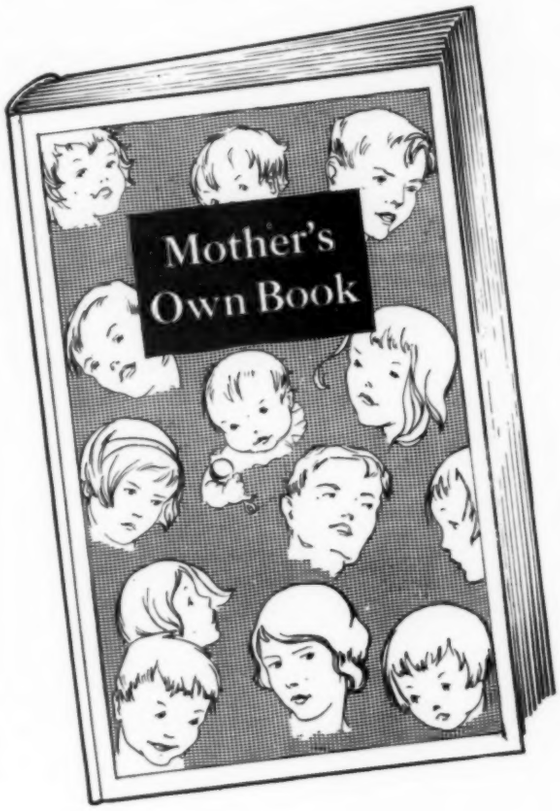

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